



PLK TONG NAI KAN JUNIOR SECONDARY COLLEGE



PLK TONG NAI KAN JUNIOR SECONDARY COLLEGE  
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保良局唐乃勤初中書院  
PLK TONG NAI KAN JUNIOR SECONDARY COLLEGE



## 保良精神

相互尊重  
團結合力  
延展愛心  
行善助人  
感恩知德

造福社群的奉獻精神

## 願景

幼有所育，少有所學，壯有所為，老有所依，  
貧寡孤困殘病者皆有所望

## 使命

成為最傑出、最具承擔的慈善公益機構，  
發揮保良精神，以善心建善業，  
致力保赤安良，護老扶弱，助貧健診，培德育才，  
揚康樂眾，實踐環保，承傳文化，造福社群

## 價值觀

秉承傳統 與時並進  
以人為本 關愛感恩  
優良管治 務實創新  
廉潔奉公 安不忘危  
善用資源 注重本益  
專業團隊 愛心服務

## The Kuk's Spirit

Mutual Respect  
United Effort  
Benevolence  
Charitable  
Gratefulness and Recognition  
  
Dedication to Serving  
the Community

## Vision

Children are nurtured, Youngsters are educated  
Adults are supported to contribute  
Elderly are cared for  
The less fortunate are lightened with hope.

## Mission

To be the most prominent and committed charitable organisation.  
In the Kuk's Spirit to do good deeds with benevolence.  
Dedicated in protecting the young and the innocent,  
caring for the elderly and the underprivileged,  
aiding the poor and healing the sick,  
educating the young and nurturing their morality,  
providing recreation to the public, caring for the environment,  
passing on the cultural inheritance and  
bringing goodness to the community

## Values

Fine traditions, Accommodate the current needs  
People-oriented, Care and appreciation  
Sound governance, Pragmatism and innovative  
Integrity, Vigilance  
Optimal use of resources, Cost-effectiveness  
Professional team, Service with heart

## Future Prospects

Throughout the years, Po Leung Kuk Tong Nai Kan Junior Secondary College has been successfully reformed into a professional junior college that nurtures our youngsters and prepares them for future challenges. Our teachers have dedicated themselves incessantly to education, and their efforts and team spirit have enabled our school to sustain its development on a stronger than ever foundation.

Technology is rapidly developing, evolving and improving. It has been changing our lives on a daily basis and becoming increasingly important in the future. To equip our students to face these challenges, our school has dedicated significant resources on developing STEM education since 2011. We nurture our students to grasp the key STEM techniques – including AI & Robotic Control, Biotechnology and Smart Home Smart City. These skills enable our students to generate new ideas that can benefit those in need and the society as a whole. After over a decade of dedication, we have achieved great success in all three pillars of STEM education.

To continue providing quality education to our students, we will keep abreast of the latest educational trends and adjust our pedagogies to better meet the current needs. We will provide additional support to accommodate any learning diversity among our students, while also promoting creativity and nurturing gifted development for each individual. We must also remember to in still and strengthen the core values of humanity. Furthermore, we will encourage self-regulated learning through the appropriate use of technology. Finally, we will continue to strengthen our three pillars of STEM education to unleash the potential of our students and foster innovation that is suitable for the future world.



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PLK Tong Nai Kan Junior Secondary College

# 保良局癸卯年董事會

## Po Leung Kuk Board of Directors 2023-2024

### 主席 Chairman



陳黎惠蓮女士  
Mrs. Winnie W. L. CHAN

### 副主席 Vice-chairman



龐董晶怡女士  
Mrs. Helena C. Y. PONG



李何芷韻女士  
Mrs. Amanda T.W. LEE



譚毓楨小姐  
Miss Jenny Y. C. TAM



鄧宣宏雁女士  
Mrs. Emily H. Y. TANG



何猷亨先生  
Mr. Arnaldo Y. H. HO



# 總理

## Directors



林承毅先生  
Mr. Louie  
S. N. LAM



陳健文太平紳士  
Mr. Clement  
J. W. CHEN, JP



郭浩泉先生  
Mr. Patrick  
H. C. KWOK



顏肇臻先生  
Mr. Andrew NGAN



何許穎嘉女士  
Mrs. Candy  
W. K. HO



蔡加敏女士  
Ms. Carmen  
K. M. CHOI



伍穎梅太平紳士  
Ms. Winnie NG, JP



鄧李璧蓮女士  
Mrs. Stephanie  
TANG



陳思曄先生  
Mr. Simon  
S. W. CHAN



黃君武先生  
Mr. Mo  
K. M. WONG



孟韋豪先生  
Mr. Derek MON



梁鈞滙先生  
Mr. Winson  
K. Y. LEUNG



張馨玲女士  
Ms. Fay  
H. L. CHEUNG



湯陳筠霖女士  
Mrs. Laverna  
J. L. CHAN TONG







保良局唐乃勤初中書院銀禧校慶

# 時雨春風 桃李滿門

保良局癸卯年主席

陳黎惠蓮

致意





保良局唐乃勤初中書院銀禧校慶

# 廣植桃李 作育英才

保良局壬寅年董事會主席

陳正欣

致意





保良局癸卯年副主席  
保良局唐乃勤初中書院校監

鄧宣宏雁

致意

# 培德育才

保良局唐乃勤初中書院銀禧校慶



保良局唐乃勤初中書院銀禧校慶

# 英賢廣育 教澤綿延

教育局副局長施俊輝







保良局唐乃勤初中書院銀禧誌慶

# 功宏化育 杏壇之光

香港大學校長 張翔



致意





香港中文大學  
The Chinese University of Hong Kong

廣育英才  
桃李滿門

保良局唐乃勤初中書院銀禧校慶誌慶

香港中文大學校長 段崇智



致意





香港科技大學

THE HONG KONG UNIVERSITY OF SCIENCE AND TECHNOLOGY

保良局唐乃勤初中書院二十五周年校慶

桃李盈門  
培德育才

香港科技大學校長葉玉如



致意





THE HONG KONG  
POLYTECHNIC UNIVERSITY  
香港理工大學



# 廣栽桃李 作育功宏

保良局唐乃勤初中書院二十五周年銀禧誌慶

香港理工大學校長滕錦光



敬賀





香港浸會大學

HONG KONG BAPTIST UNIVERSITY



勵學培德  
桃李盈門

保良局唐乃勤初中書院銀禧校慶特刊題辭

香港浸會大學校長

衛炳江



敬賀



保良局唐乃勤初中書院二十五周年校慶

秉道學思期偉業  
育人成就惠黎民



香港城市大學校長

郭位



敬賀

二零二二年十月





Lingnan 嶺南大學  
University 香港 Hong Kong

保良局唐乃勤初中書院  
二十五周年誌慶

# 春風化雨 桃李盈門

嶺南大學校長

鄭國漢



敬題



香港教育大學  
The Education University  
of Hong Kong

# 承先啟後 培育棟樑

保良局唐乃勤初中書院銀禧校慶

香港教育大學校長

張仁良



敬賀





香港都會大學  
HONG KONG  
METROPOLITAN  
UNIVERSITY

香港都會大學校長

林群聲



敬賀

弘學彰德  
作育功深

保良局唐乃勤初中書院銀禧校慶

保良局唐乃勤初中書院銀禧校慶

# 桃李滿門

嶺南大學協理副校長（學術及對外關係）

劉智鵬

敬賀



保良局唐乃勤初中書院銀禧校慶

# 循循善誘 倡學培賢

香港教育大學數學與資訊科技學系

潘建強

敬賀

*My warmest congratulations to PLKTNK Junior Secondary College on her silver jubilee! As the first government-aided junior college in Hong Kong, PLKTNK has gone a remarkably long way toward providing all-round and high-quality education for all her students in the last 25 years. May she scale new heights in nurturing future generations of talent for Hong Kong and society at large!*

*Prof. Guangwei Hu*

*Associate Dean of Faculty of Humanities and Professor*



## School Vision

In the pursuit of educational excellence, the school seeks to establish an environment on campus conducive to an enjoyable and effective teaching and learning atmosphere. By embracing a rich life together, teachers and students work in partnership to mutually encourage each other and instill the spirit of life-long learning into students.



## School Mission

The school is committed to providing high quality education to enhance students' bi-literacy and tri-lingualism, to develop students' higher order thinking skills, and to foster students' multi-intelligence. As a caring community, the school values and promotes the growth of the whole person so as to enable each student to become a responsible citizen and make a positive contribution to the local and global community. The school motto of Love, Respect, Diligence and Honesty embodies the school ethos.

## School Motto

"Love, Respect, Diligence, Honesty"

## School Goals

Po Leung Kuk Tong Nai Kan Junior Secondary College aspires to be a leading aided junior secondary college in Hong Kong, providing quality junior form education. It seeks to actualize its vision and mission by:

- promoting successful, enthusiastic and inspirational teaching and learning,
- enhancing students' language proficiency,
- developing students' potential with multi-intelligence and creativity, and
- fostering students' self-discipline and nurturing students' sense of responsibility.

# School Hymn

Boys and girls of Po Leung College To be honest and

a-mi-a-ble Brill-i-ant and faith-ful di-li-gent and hum-ble

These are the vir-tues we long for Youths of cour-age

youths of dar-ing full of per-se-ve-rance and will

spirits are al-ways in pro-gress hearts to con-quer

e-very ill Well-known schools are plen-ti-ful

With thou-sands of heroes com-ing forth And they flou-rish

high and faith-ful Po Leung Col-lege some-thing

more



# School History

## 1990s

### Po Leung Kuk Practical School



1998

- 1997
  - The school was founded with the aim of supporting the Education Policy about catering the diverse needs of students. Practical subjects such as Accommodation and Catering Services, Air-conditioning and Refrigeration, Fashion and Clothing and Home Design were introduced.
  - The school was located in a temporary school campus which was previously occupied by the Society of Boy's Centres Hui Chung Sing Memorial School in Pak Tin Estate.
  - Mr. Ting Wong Hing was appointed as the Principal.
- 1998
  - The school was moved to the present school campus at 11 Mei Lai Road, Mei Foo Sun Chuen.
  - Boarding services was provided to students in need.
- 1999
  - A Naming Ceremony was held with Mr. Joseph W. P. WONG, GBS, JP, the Secretary for Education Department as the Guest of Honour.

## 2000s

### Po Leung Kuk Tong Nai Kan Practical School

- 2000
  - A Naming Ceremony was held for the New York Life Library.
  - The school was renamed as 'Po Leung Kuk Tong Nai Kan Practical School' in appreciation of the generous donations made by Dr. Tony N. K. TONG, the Director of Po Leung Kuk for the year 1999-2000.
- 2001
  - The Naming Ceremony had Prof. Dominic S. W. WONG, GBS, OBE, JP, the Secretary for Housing, as the Guest of Honour.
  - The school later became a mainstream school which was renamed as 'Po Leung Kuk Tong Nai Kan College'.
  - Ms. Lau Suk Kau was appointed as the Principal.

### Po Leung Kuk Tong Nai Kan College

- 2002
  - The school launched classes for the Hong Kong Certificate of Education Examination (HKCEE) in both Technology and Science.
- 2005
  - A School Improvement Project was carried out by The Education Bureau, which included an expansion of the main building. As part of this project, new Physics Lab and Chemistry Lab were built.
- 2006
  - The school was permitted by the Education Bureau to become a through-train government-aided secondary school of Po Leung Kuk Vicwood K.T. Chong Sixth Form College, making it the first government-aided Junior College in Hong Kong.
- 2007
  - The school's 10th Anniversary.
- 2008
  - Mr. Wong Chung Ki was appointed as the Principal.



2008



# Po Leung Kuk Tong Nai Kan Junior Secondary College

25<sup>th</sup> Anniversary

2009

- The first cohort of Form 3 students graduated and moved on to senior secondary education at the Po Leung Kuk Vicwood K.T. Chong Sixth Form College.



2009

2010s

2010

- Our school and Po Leung Kuk Vicwood K.T. Chong Sixth Form College have joined forces to operate as a through-train government-aided secondary school serving students from JS1 to SS3. All students who complete their junior secondary education at our college will continue their senior secondary education at Po Leung Kuk Vicwood K.T. Chong Sixth Form College. The school was renamed as 'Po Leung Kuk Tong Nai Kan Junior Secondary College'.

2012

- The Geography Room, Home Economics Lab, the newly-built Multi-purpose Room, Janitor Common Room, Printing Room and the expansion of school office were completed for the preparation of quality education and whole person education.
- The school's 15th Anniversary.



2012



2013

- The Debate Room and new School Canteen were completed. A more pleasant and harmonious learning environment is provided.



2013

2014

- The Campus TV and iMac Lab were completed, the new facilities definitely help make teaching and learning more effective.

2015

- The school received a generous donation from Associated International Hotels Ltd which was used to renovate hostel into a new annex named 'Tian Teck Building'. Another donation from Ms. Irene Y. W. YU and our school donor cum The Director of Po Leung Kuk for the year 1999-2000, Dr. Tony N. K. TONG was received. The Lecture Theatre was named 'Irene Yu Lecture Theatre'. The Dedication Ceremony cum Opening Ceremony were held with Mr. Eddie H. K. NG, SBS, JP, Secretary for Education, Education Bureau, as the Guest of Honour.
- A lecture theatre, a Student Union room and several multi-purpose activity rooms were located in the new annex. An orchestra training centre, music training rooms and a band room were also set up for students who are passionate about music.



2015



# PLK Tong Nai Kan Junior Secondary College



2017

- The school was honoured to receive 'Po Leung Kuk Outstanding School Award'.
- The school's 20th Anniversary.



2017

2019

- One of our students, Ip Chun Yin, directly admitted to an undergraduate program in PolyU after completing his Form 2 studies.
- The Dedication and Opening ceremony of Tony Tong Biotechnology Laboratory and Irene Yu Library took place.



2019

2020

- A press conference was held for Biotech research team, who presented their work on using worms to degrade plastic.

2021

- A common reading corner named "Reading Common", Life-Planning Training Centre, Smart Cabinets and Self-Learning Kiosks are open to all students.



2020



2021

2022

- HKU and the school have collaborated on a project on "Using AI for Medical Image Analyses specifically Oral Cancer Prognosis Prediction".
- The Smart Home Lab and the hall entrance have been upgraded.
- The school's Silver Jubilee Celebration



2022





# Principal's Message

The year 2022 marks the twenty-fifth anniversary of PLK Tong Nai Kan Junior Secondary College, representing a major milestone of the college. Since its inception in 1997, the school has strived to provide quality educational opportunities for students, empowering them to become well-equipped 21st century citizens who continuously pursue excellence and are prepared to face future challenges. Throughout the years, the school has been successfully reformed to be a professional Junior college. Our teachers have dedicated themselves incessantly to education, and their efforts and team spirit have enabled the school to build a stronger foundation than ever before. Their Zealous Effort Pursued Supremacy, Steadfast belief Crested Sagacity.

TNK aims at preparing tomorrow's leaders with character and intelligence. With the ceaseless support by our school sponsoring body and the contribution of past and present school managers, principals, teachers, supporting staff, as well as parents, students and alumni, we have already gained a good reputation in the neighbourhood community. This is not only due to our rich English learning environment, remarkable academic and non-academic performances, but also to our well-behaved students and the strong sense of belonging among the alumni, students and teachers. Grounded in our Kuk's spirit and immersed in a trilingual learning environment, Naikanians are well known for their strong character, remarkable abilities, globalized vision and spirit of service.

To further elevate our academic achievements in STEM, the school has already developed our own STEM curriculum that integrates different subjects related to Mathematics, Science and Technology into a cohesive learning paradigm based on real-world applications. Our 3 unique pillars of STEM curriculum - Biotechnology, Artificial Intelligence & Robotics Control and Smart Home & Smart Cities - represent the top technological areas that will be extremely important for the global technology development of in the coming decade. As part of our dedication to STEM education development, we provide professional training for our young students which is definitely inspiring. This helps students develop their own creativity and innovative skills, and can ultimately lead to becoming innovative makers in the future. I am looking forward to seeing our students shine in the future and sharing the joy of their accomplishments.

Under the dedication of our stakeholders, PLK Tong Nai Kan JS College is a school of very good reputation in Hong Kong. The drive for excellence permeates deeply in the school culture. I would like to take this opportunity to sincerely thank the entire staff for their professionalism and commitment in building a solid foundation of the school. Also, I would like to thank the parents for their support to the school and students for their diligent work and engagement in the school. I am fully convinced that our students are ready to face new challenges, excel both academically and in all-round development, and become the leaders of tomorrow with character and intelligence, living out the core values of the Kuk's spirit.

Mr. Wong Chung Ki  
Principal





# The Silver Jubilee Celebration Ceremony



Ms. Carmen K. M. CHOI, the Director of Po Leung Kuk cum School Manager of Po Leung Kuk Tong Nai Kan Junior Secondary College, signs her name on the board of the 25th Silver Jubilee Celebration Ceremony.

From left to right:

Ms. Loretta Y. M. LAM (Principal Education Secretary of Po Leung Kuk)

Miss Abbie S. K. CHAN, BBS (Former Chairman of the Board of Directors of Po Leung Kuk)

Mr. Jonathan C. K. TONG (Director of Po Leung Kuk cum School Supervisor of Po Leung Kuk Tong Nai Kan Junior Secondary College)

Ms. Jessie M. WOO (Chief School Development Officer of the Education Bureau)

Mrs. Winnie W. L. CHAN (Chairman of the Board of Directors cum Schools' Supervisors Committee of Po Leung Kuk)

Ms. Carmen K. M. CHOI (Director of Po Leung Kuk cum School Manager of Po Leung Kuk Tong Nai Kan Junior Secondary College)

Dr. Tony N. K. TONG (School Manager cum Donor of Po Leung Kuk Tong Nai Kan Junior Secondary College)

Mr. Wong Chung Ki (Principal of Po Leung Kuk Tong Nai Kan Junior Secondary College)

In celebration of the Silver Jubilee of Tong Nai Kan Junior Secondary College, the Silver Jubilee Celebration Ceremony was held on 10th December 2022. The school was delighted to invite some distinguished guests to attend the event.

The guests who attended the celebration were important, as they had made significant contributions over the course of many years. Without their tremendous support, our school would not have achieved the success it has today. Among the attendees were representatives from the Education Bureau, Principals from other Po Leung Kuk schools and other friendship schools as well as parents. All of them were invited to witness and celebrate the Silver Jubilee of Tong Nai Kan Junior Secondary College.

To emphasize the development of our school in the 21st century, a drone light show was prepared for all guests in attendance. Over a period of three months, our students worked diligently to code the drones for a stunning show that brought to life the themes of the event – Smart Home Smart City, Bio. Technology as well as AI and Robotic Control. The lights and background resembled outer space, representing the infinite possibilities of our students. Over the past decade, our students have pursued excellence in STEM, receiving numerous awards in the field. Moving forward, the school will continue to provide students with the necessary technology skills to meet the challenges of the future.

After the ceremony, all guests were invited to the new TNK Chateau to enjoy refreshments followed by a campus tour. They were impressed by the warm welcome of the student helpers.



Ms. Jessie M. WOO, the Chief School Development Officer of the EDB, presents an award to Principal Mr. Wong Chung Ki in recognition of his 25 years of dedicated service to the school in the Silver Jubilee Celebration Ceremony.

Mr. Jonathan C. K. TONG, the Director of Po Leung Kuk cum School Supervisor of Po Leung Kuk Tong Nai Kan Junior Secondary College, gives an encouraging speech to the audience!



The Design & Technology (D & T) teacher demonstrates how to use the latest facilities in the newly designed Smart Home Lab to our distinguished guests.



A student shows the honorable guests how to control an airplane through flight simulation.



Handcrafted coffee is served to all our distinguished guests by our students.



The drone light show showcases the technological development of our school in the 21st century.



# Joint School (TNK & KTC) Swimming Gala

Over the years, students have been hoping that both Junior and Senior Form students can work together and take part in large scale events. On 8th December 2022, it was a milestone for both Po Leung Kuk Tong Nai Kan Junior Secondary College and Po Leung Kuk Vicwood K.T. Chong Sixth Form College since the first Joint School Swimming Gala was successfully organised in Kowloon Park Swimming Pool.

On that day, more than fifty matches and twenty swimming events were conducted. The atmosphere was profoundly jubilant, and the principals and teachers of both schools extended their appreciation to all participants and helpers in the swimming gala, especially for the support from Kowloon Park Swimming Pool.

The students expressed sincere gratitude to Principal Wong Chung Ki and Principal Yau Man Kwong respectively. Without their support, the first Joint School Swimming Gala would not have been successful.



Principal Wong of TNK gives an opening speech for the swimming gala.



Principals from both schools participate in the prize presentation ceremony.



TNK and KTC students sing the national anthem.



Student representatives take an oath of the sportsmanship.



Ms. Chiu, Vice Principal of TNK, takes photos with representatives from KTC.



Pegasus wins the champion of the first Joint School Swimming Gala.



The House of Kabarda wins the champion of cheerleading.



Principal Yau of KTC gives a closing speech for the swimming gala.



# Maker Fortnight, Silver Jubilee Charity Bazaar cum CoolSTEAMaker Festival

The school places great emphasis on the importance of S.T.E.A.M. in education. S.T.E.A.M. not only arouses students' interest in learning, but it also helps students develop appreciation for the arts, humanities, mathematics and science. With this in mind, the school held the Maker Fortnight in Mid-March, followed by the Silver Jubilee Charity Bazaar cum CoolSTEAMaker Festival on 18th March 2023.

The event featured various competitions, displays of artworks, game booths, hands-on activities and a charity sale. Students learnt how to solve problems and to communicate with others when setting up various game booths. They also engaged in the learning of arts, humanities, mathematics and science. Overall, it was a fruitful experience for students.

The school would like to thank Principal Wong Chung Ki. He has a clear vision of the future in education. With his leadership in S.T.E.A.M. education, the school has been heading in the right direction.



The principals try out a scientific experiment successfully on Maker Festival. From left to right: Assistant Principal Ms. Leung Pui Fan, Principal Wong Chung Ki and Vice-Principal Ms. Chiu Man Ming



With collaboration, students try their best to design a decent Easter egg for the Inter-class Easter Egg Competition.



For the Inter-class Maker Competition, a student representative receives the 1st prize for her class.



Students enjoy trying out this game booth!



Students learn how to fly an aeroplane by playing the Flight Simulator in the Aero Lab.



A big photo of a student with our teacher after conducting a scientific experiment



Principal Wong shows students how to shoot the target successfully with an arrow.

A photo of our students and the Visual Art teacher after making artworks



Students help organize various game booths related to S.T.E.A.M. at school.



# Silver Jubilee Art Exhibition



From left to right:

Mr. Wong Chung Ki (Principal of Po Leung Kuk Tong Nai Kan Junior Secondary College)  
 Mr. William T. W. KOO (Former Director of Po Leung Kuk)  
 Mr. Quincy K. Y. LUI, BBS, SBSU (Advisor of Po Leung Kuk cum School Manager of Po Leung Kuk Tong Nai Kan Junior Secondary College)  
 Dr. Lesley K. H. CHAN (Chief Curriculum Development Officer (Arts Education) of Education Bureau)  
 Mrs. Winnie W. L. CHAN (Chairman of the Board of Directors cum Schools' Supervisors Committee of Po Leung Kuk)  
 Ms. Loretta Y. M. LAM (The Principal Education Secretary of Po Leung Kuk)



Principal Wong welcomes all the honorable guests at Jockey Club Creative Art Centre.



Dr. Lesley K. H. CHAN, the Chief Curriculum Development Officer (Arts Education) of Education Bureau, is the officiating guest of the art exhibition.



Mrs. Winnie W. L. CHAN, the Chairman of the Board of Directors cum Schools' Supervisors Committee of Po Leung Kuk, delivers a welcome address to the audience in the opening ceremony.

In celebration of the 25th anniversary of Tong Nai Kan Junior Secondary College, the Art Exhibition was held from 28th April to 2nd May 2023. We are honored to have Mrs. Winnie W. L. CHAN, the Chairman of the Board of Directors cum Schools' Supervisors Committee of Po Leung Kuk, delivering a welcome speech and Dr. Lesley K. H. CHAN, the Chief Curriculum Development Officer (Arts Education) of Education Bureau, officiating the opening ceremony. Other guests included former principals of TNK as well as guests from other sister schools. It was a remarkable experience for students as they had a chance to showcase their talents in creative arts in front of the guests and the public.

This exhibition has combined technology and art to reinterpret the educational phenomenon "STEM". Through this unconventional art exhibition, visitors could enjoy a unique campus tour in the four exhibition areas "S", "T", "E", and "M".

"S" stands for "Space". Through 3D illusion paintings, visitors were led into the TNK campus and peeps into the feature campus construction.

"T" stands for "Time". Through the "memory trail" full of memories and records, visitors could immerse into the good old days of TNK under the leadership of the three principals at different stages. Reminiscing about the past and welcoming the future, a series of cylindrical mirror anamorphosis art installations were created to see the future of TNK in the eyes of students through different angles of plane and mirror cylinders!

"E" stands for "Electronic". In the interactive projection area, through the interaction with digital paintings, visitors could experience TNK's vibrant technology education.

"M" stands for "Metropolis". Augmented reality (AR) art works allowed visitors to travel between reality and virtual reality easily, and to enjoy the richness of learning activities in TNK, just like the abundance in the future metroverse.



Principal Wong takes a group photo with students in front of an artwork created by our students.



Our student shows Ms. Loretta Y. M. LAM, the Principal Education Secretary of Po Leung Kuk, how the AR technology works with students' artworks.

This innovative Art Exhibition would not be successful without Principal Wong's leadership.

The Silver Jubilee Art Exhibition was a huge success. Likewise, thanks to the hard work and dedication of the TNK staff and students, this art exhibition was one of the highlights in the school 25th anniversary celebration.



This student tells the guests the background story of the students' artworks.



Our students take a group photo with honorable guests.



# TNK Family (2022-23)



From Left to Right

Third Row

Mr. Chow Man Chung, Mr. Menghani Deeran Kumar Prakash, Mr. Mak Yue Cheung, Mr. Yip Wai Lun, Mr. Tsang Kin Pui, Mr. Lai Hui Tung Marco, Mr. Wong Hoi Wang, Mr. Chan Pak Hang, Mr. Tin Yun Fung, Mr. Lau Kin Fai, Mr. Liu Tak Piu Jake, Mr. Yuen Chun Bong, Mr. Chan Tsz To, Mr. Kwan Kai Cheung, Mr. Chan Karsha

Second Row

Ms. Lam Li Na, Ms. Ho Wai Ching, Ms. Suzuki Lo Janie, Ms. Yuen Saint Yan Victoria, Ms. Lu Yu Yun, Ms. Liu Sin Yi, Ms. Tin Kuk Wa, Ms. Shek Lai Ling, Ms. Prasad Ananya, Ms. Shen Jiani, Ms. Chung Sze Pui, Ms. Chong Wing Ki, Ms. Chan Ka Yee, Ms. Poon See See, Ms. Ng Tsz Ying, Ms. Cheng Sau Chun, Ms. Lam Wan Yi, Ms. Siu Wing Ngan Ashley, Ms. Yuen Sau Yan Eliza

First Row

Mr. Woo Yue Tin Martin, Mr. Chan Hon Shing, Ms. Wong Yin Man, Mr. Chan Tsan Sen Jensen, Mr. Lai Lawrence Chun Fai (Associate Principal), Ms. Chiu Man Ming (Vice Principal), Principal Wong Chung Ki, Ms. Wong Hui Tung (Vice Principal), Ms. Leung Pui Fan (Assistant Principal), Mr. Yeung Wing Shing (Associate Principal), Mr. Kwan Siu Ming (Assistant Vice Principal), Mr. Ma Kai Sing, Mr. Cheng Yuk, Ms. Li Man Yee





1A

- Fourth row WONG HIU NAM ABBY, YIU HEI MAN, HUI CHING NAM, WONG YUK CHUN, LAI HO WANG, CHEUNG MAN CHUNG, CHEUNG LOK HEI
- Third row CHAN MAN YI, KOT WING KIU, CHAU YU YAN, HO ANDREA, CHAN HO HIM, MOK YUN KIU CURTIS, LUI HON WA TOMMY, NG NGAI MAN EVAN
- Second row KAN WING YAN, LI YIK TUNG GABRIELLE, WONG YEUK LAM, WONG JADIENNE IANNA, JOE CHEUK FUNG, NGAN SHING WING, CHENG TSZ HIN, LIU KA WANG
- First row WONG SUM YAU KHLOE, LAW YUK KEE, LI CHOI KIU, CHAN KOK YIN, Mr. WONG HOI WANG, CHOW HAYDEN, MA TSZ FUNG, MAN KAI MING, CHEUNG YUI LAM



1B

- Fourth row CHUNG YUEN KIU, CHAN TSZ LAM, CHAN YU CHING, CHING WAI HONG, LIN WAN TAO
- Third row LEUNG HONG KI, CAI ZHUO NA, LAU SO KWAN, CHAN YUEN YAN, LEE SHUN HONG, CHENG HO MAN, CHEUNG TING HONG, CHEUNG WAI LAM
- Second row LEE HOI YUET, LI SZE HIN, WONG TSZ YU, LAM YUI YING, CHAN KWAN LAM, CHEUNG CHUN YUEN, LAW CHI WANG
- First row CHONG SHUN YAN, CHAN CHIT HUEN, NG HO YAN, LEUNG HAU MAN, Ms. YUEN SAINT YAN VICTORIA, Mr. TSANG KIN PUI, CHAU ERNEST, TSANG MAN HO, TAM CHING HEI, TAM SIU YIU





1C

- Fourth row THAPA YASIS, PUN TONISH, MUZAMEL RAFAQAT, DEWAN NISHE
- Third row AU MEI KI, TONG HAU YIU, TARLIT MISCIA AISHI DELA CRUZ, RAFAQAT LARAIB, GURUNG SAMEER, LAI CHUNG KWAN, SUM FU KIN, LEUNG MING WUN
- Second row MANGALINA RALPH, LI CHUNG TING, LEE CHEUK HIN, PANG MAN LOK, ESGUERRA DANE LHENARD SAJORNE TAM JUN NGAI, CHOW PERRY, KO RYUICHIRO, MURPHY IP
- First row CHEUNG NGAI YAU, SARDAR KHUSHBOO, GU ZI LIN, YEUNG WING YAN, Mr. LIU TAK PIU JAKE, Mr. LAU KIN FAI, ABDUL, WAHAB ADNAN, THAPA KELVINN



1D

- Fourth row CHING TSZ LONG, HUANG ZI XUAN, CHAN CHUN HEI, CHEN XIUFENG, HOANG WILLIAM, LO KWUN HO
- Third row TAN YEFEI, TAM TSZ WING, CHAN KING YI, PANG HO YI KOE, HUANG KIN LEUNG, CHAN TSZ KWAN, MAN TAK HEI, WONG CHEUK HIM
- Second row LUK TSZ CHING, CHUNG LAU YAN, CHEUNG WAN CHI WENGY, LIN DANNI, YAM CHIU HEI, NG KA LOK, TSANG TSZ HO
- First row MA YUEN KI, WONG MING YU, IP SUM YING, LI YEE KA, Ms. CHONG WING KI, Mr. MAK YUE CHEUNG, LAM CHUN YUEN, CHU PAK HIN, CHOW YIK HEI, LIU NOK YIN POLARIS



1E



Fourth row TSANG HO LONG, MA YIU WAI, TSANG CHUN HO, NAVEED MUHAMMAD SAQIB ALI, YAN SUI FUNG, SINGH ARMAN

Third row LEE CHEUK HANG, LO CHEUK YIN, DU ZHONGYUAN, MAGTALAS WENDELL JR PORRAS, RANA ASHIM, THAPA JOY ZAIN AHMAD, ERAES CYRUS RAVINIEL ROMA

Second row MALIK RAHIM, YE PEILIN, CASTILLO TYRA DEVON VILLAMOR, SHAN MAAHUM RAZA, DING TSZ TEE, RAI YOUTHIKA, KO YI LAP

First row QAYYUM AMINAH ALI, LAM WING SUM JESSICA, SIMRANVEER KAUR, GHALE LILISA, Ms. CHUNG SZE PUI, Mr. SZE CHIK KI, TAYYEB MUHAMMAD, TAMANG PRINCE SADEWA, ZAHID MEMOON, WONG YIK HEI

1F



Second Row: CHAN SZE YU, WONG KAI YUET, LEUNG WING LAM, CHOW TSZ HO, YAM CHI YIN

First Row: WONG PAK KO, LAI ISSAC, LEUNG TING HIN, HUNG TUNG KI, Ms. WONG YIN MAN, CHAN CHEUK HEI, LI WANG HO, LEUNG HO WAH, CHEUNG CHIU MING





2A

Fourth row XIE SAU YING, YE YANJUN, ZHONG ZHI QI, ZENG WEIJIE TSE PING LAM, ZHU KA HIN KENNEDY  
 Third row ZHANG BAOJI, CHENG WING TUNG, TSE HIU TUNG, CHAN TIN WING, FAN TO LAI, WU HO TIN  
 Second row HU JIN YI, CHAN TSZ TUNG, CHAN YIN SUM, LAI TSZ YING GINANN, TAM TSZ KIU, SIU KEI SHUN, LUK PAK HEI  
 First row LAI CHEUK WING, LEE SUMMER LOK LOK, LAM YING CHING, Ms. LAM LI NA, Mr. WOO YUE TIN MARTIN, TAM CHI YAN ANSON, CHAN KIN TSUN, SUM KA WANG



2B

Fourth row TAI WING YAN, YEUNG CHOI LAM, ZHOU LING WEI LAURA, MEI REWEI, PAK YU HO, CHUNG CHING YAT  
 Third row CHAN TSZ FEI, GUO YANYAN, SIU LOK YIU, RONG WING SHING, LAI PONG YUEN, MACK CHUN HO  
 Second row TONG NGA NAM, WONG TSZ TUNG, MAK HOI CHING, LEE POK HIM, ZHANG YUI HEI, LEE CHUN CHING, IP LONG YIN  
 First row CHAN HO SUM, IP TSZ KI, ON HA YEUNG, Ms. CHENG SAU CHUN, Mr. CHAN PAK HANG, TANG PO SHING, FAN NOK HIM, LIN JUN HAO



2C



Fourth row MANGALINAO RHAIZA JANE, KAUR GURVEER, CHAN TANYATORN, ANDRION BRODY JAMES ANGELES, GHALE NAMAN  
Third row MAK PUI LING, WONG NGA CHING, YEUNG BUI KA, LU TSZ YAN, THAPA NOREN, HUANG XUANLAI, GURUNG AROSH, UMESH THAPA  
Second row GURUNG ELIZA, GURUNG PRIYA, ROGER FEI-FAN, LO HOI YAN, WAN FRANKLIN, NETKHAN LEO, MAHMOOD AWAIS  
First row CHAU KA MAN, MUNIBA WAQAR AHMED, AGHA SYYEDA MUNEEBA, Ms. LI MAN YEE, Mr. CHU SHIU CHEUNG, RAYAN SAJED, GURUNG RISHAN, ASLAM WALEED

2D



Fourth row TANG CHUN KIT, CHEN JINHANG, WU CHEUK WAI, HO WANG HIM,  
Third row HU HUNG HEI, TO TAK HANG, DU ZHONGBIN, LI CHUN MAN, LAU SHING KIT MARKUS, HE ZIHAN  
Second row NG CHUN HEI, CHEN ZIHAN, LAU SUM YI, CHENG WAI TSUN, LAW WING SHAN, WU XINROU, LAI TAK HO  
First row HON PUI LAM, WU KA YAN, WONG KARINA, Ms. LAM WAN YI, Mr. CHENG YUK, MOY KA FAI, LO TSZ YU, LEUNG CHI FUNG





2E

- Third row LIANG TAK MAN, YIP WAI HO, FANG HO NAM, TANG QUANBIN, LAM TSZ YEUNG Y Y, LIU LOK HIN, WONG LACHLAN IAN, WONG WESLEY OWEN
- Second row TONG HIU TAK, HE KA MING, LEE MAN POK, WU WING SZE, HUI CHENG LAN, LAM YAT CHUNG, CHEUNG CHUN HEI, LAM LOK HIM
- First row LIU WING LAM, LEUNG YU LAM, CHU TSZ CHING, Ms. POON SEE SEE, Mr. LAI HUI TUNG MARCO, KONG CHEUK YIM, LAM HIU MAN, LEE PO YEE



2F

- Second Row: LO WING SZE, WONG CHI CHING, CAI SIU YUEN, LAU KA WAI, WENG YAT YUN, YAU HO WA, TONG HIU LONG, LEE CHI HIM
- First Row: WU KA YEE, LEE YIK SUM, CHAN PUI NING, Mr TIN YUN FUNG, Ms SIU WING NGAN ASHLEY, ZENG KAI KONG, YUNG PAK HEI, CHEUNG KA KEUNG



3A



Third row AO MAN HEI, CHAN TSZ HEI, MA SHING HEI, WONG EVAN, FONG KO KIN, ZHANG JUNTAO, YUNG CHUNG KI, LAM HIU LOK, LI SHING CHUN

Second row WU ZIYIN, CHU TIN YAN, YEUNG WUN WUN, SHIN WAI CHING, HEUNG KA MAN, ZHANG KIMI, WOO MAN HEI, YEUNG CHING YIN, CHEUNG WING KIN

First row LO LOK YAN NICOLE, LI WING SZE, CHEUNG HOI CHING, WONG TSZ CHING, Ms. SHEK LAI LING, Mr. CHAN TSAN SEN JENSEN, LO CHUN YUI, CHAN KEVIN, TSUI KA HIM, KWAN HO YAN

3B



Third row WONG HOI CHING, SU TSZ HONG, YAU LAP HANG, SU HAOLONG, NG CHEUK HON, CHAN HUI CHEUK, HO CHUN YIN, SO YU YEUNG

Second row FUNG SIN YI, LAU CHEUK WOON, LUK CHI YIN, CHEUK KEI CHING, CHENG KA KIN, LEUNG CHUN YAT, CHEUNG LONG YIN, CHEK WING HON, SHIU HOK NAM RYAN

First row MUI CHIN HANG CHELSI, NG SIU YAN, HO MAN YI STARRY, LIN YINGYING, Ms. LU YUYUN, Mr. LEUNG KAM CHIU, WONG FEI FEI, CHAN YIN KA, WONG PIK CHUK, WONG WING YAN





- Fourth row GURUNG KRITAN, GURUNG JOSTAIN, ERNO MATTHEW RAYBURN MANIMTIM, GURUNG ESNEEB RAJ, TSOI CHING LONG KASON, GURUNG DEBTA
- Third row FEI NGA HEI ABBY, SHAZAD KOMAL, ALIZA SHAN, MONTEMAYOR JOHN WILMAR BOADO, LEE SZE PUI, LIANG WEIBO
- Second row MAHSAN-FATIMA, LIN XIUFEN, YAU MEI YAN, LAM NGO KWAN, LIANG HUIDONG, NGUYEN KWONG WING RICKY, LI SHUN
- First row PENG CHUN TING SCARLETT, WONG CHEUK TUNG ZOE, YIP YAN HEI, MOHAMMAD-SHOAIB BISMA, Ms. PRASAD ANANYA, LUK TSUN HEI, ALE SYMON, GURUNG KEVIN, SO CHEUK YIN



- Third row LIU YUEN LING, NG YUK YING, PONG TIN YAN, DONG KAM UE, LIANG WING HEI, MOK WING LEONG, CHEN CHUN YEE, TSUI CHI CHUNG
- Second row CHEUNG SHUN WA, YAM WING LAM, NG WING SUM, LIN CHUN YIP, CHONG HIN TONG, WONG TIK HONG, OR CHI YAN ALEX, LEE YUI, LAU YING LOK
- First row SHUM SZE CHING, NG TSZ LOK, LEUNG WING YI, LAU YUK LING, Mr. YIP WAI LUN, Mr. YUEN CHUN BONG, TSE CHI CHEUNG, TSE CHUNG WO, WONG WAI HO HENRY, WU HAI HONG



3E



Third row LIMBU JENIS, SUEN CHI HEI ISAAC, LAM LOK YEUNG, TOOR ARMAN SINGH, PAN CHUN AN, GURUNG SAMIR, LIMBU NUGAY HANG PAHIM

Second row LEE LOK TUNG RICHELLE, LAU TSZ YAU, SHAH AYSHA, WONG TSZ YAN, MOHAMMED SAHIL ALI, CHAN CHUN KIU, KANDEL YOGESH, LAU TSZ HO

First row GURUNG RIDEM, GURUNG SOLAN, ENKLEZE KEROLOS ADEL KADOUS MAHFOZ, SAEED HINA NADEEM, Mr. MA KAI SING, THAPA SIDDHANTH, IBRAHIM MUHAMMAD, GURUNG AAYUSH, MAHMOOD MOHIB UR REHMAN

3F



Second Row: CHAN YEE LAAM, LAI TSUN KIT JACK, CHU HUI SAN, FUNG HO HIN, KWOK LAI YIN

First Row: LI WING TUNG, LAU WAN HAY, LAU KI YAN, CHAN FUN TUNG, Ms. YUEN SAU YAN ELIZA, Mr. CHAN TSZ TO, LI KIN FUNG HARLEY, CHAN NGO HANG, FUNG YIK FEI, LAW CHUNG SING



# 中國語文文化及歷史科系

## 中國語文及普通話科部



### 宗旨

- 1) 強化初中課程，為學生打好語文基礎，以銜接高中課程；
- 2) 培養學生閱讀、寫作、聆聽、說話的中國語文能力，提高學生學習本科的興趣，並使學生有繼續進修本科的自學能力；
- 3) 藉著本科的教學，啟發學生思維，培養學生品德，增進學生對中國文化的認識，以及中國文學的鑑賞力，並加強學生對社會的責任感；及
- 4) 加強價值教育，配合及發揚保良精神。



本校同學參與由香港潮州商會舉辦的「我愛我的祖國」金紫荊盃香港校際作文暨普通話朗誦大賽，喜獲三等獎。

五位同學參加2023年春季「紫荊頌」全港青少年朗誦、文學、藝術交流大賽，並獲得兩金三銀的佳績。



在第二十屆「校園拔萃盃」全港青少年朗誦、文學、藝術交流大賽中，同學不但加深了對中國文化和藝術的認識，還獲得了相當不錯的成績。

在學界菁英主辦的「全港青年公開演講比賽」中，三位同學取得了優異的成績。





中國傳統服飾日「馬面裙走秀活動」中，同學們不僅帶來了精彩的表演，還為大家帶來滿滿的祝福。



中文科於本校25周年活動「創客節」中以「中國書畫——葉脈書籤/團扇」為主題開設攤位。學生在書籤或團扇上勾勒出自己喜愛的圖案，活動深受同學歡迎。當天有不少老師、同學到攤位體驗，樂在其中。



學生於學校開放日設中國語文及普通話科系攤位。中文老師與穿著傳統服飾的同學開心合影。



校長與學生愉快合照。



同學們在香港善導會主辦的「禁毒教育之模擬法庭2.0」表現出色，獲益良多。



同學手持自己的作品與老師合照。



同學們在「禁毒教育之模擬法庭2.0」與律師合照。



# 中國語文文化及歷史科系

## 中國歷史科部

### 宗旨

- 1) 強化初中課程，為學生打好歷史基礎，以銜接高中課程；
- 2) 提高學生學習中國語文的興趣，並使學生有繼續進修中國歷史的自學能力；
- 3) 藉著本科部的教學，協助學生認識、繼承和弘揚中華民族優秀傳統文化，以維護國家文化安全；
- 4) 藉著本科部的教學，培養學生品德，加強對社群的責任感，培養對國家、民族的感情；
- 5) 藉著本科部的教學，幫助學生積累文化知識，認識中華文化的博大精深，認同中華優秀傳統文化，培養對國家文化的保護意識和能力；及
- 6) 加強價值教育，配合及發揚保良精神。



本科師生參加由優質教育基金資助的「大澳歷史文化實地考察團」。經過實地考察，同學對於大澳歷史文化有更深刻的認識。



本校中三級楊媛媛同學獲得第二十二屆《基本法》及一國兩制網上問答比賽及推廣活動初級組亞軍。



本校中三級朱天恩同學獲得第二十二屆《基本法》及一國兩制網上問答比賽初級組冠軍。



本校師生踴躍參與香港青少年發展聯會舉辦的VR中國歷史課程，學生獲益良多。



本科部聯同中國語文科部共同參與由保良局舉辦的「青年穿越故宮之旅」，師生們於香港故宮博物館前拍攝團體照。



# Faculty of English

## Department of English

25<sup>th</sup> Anniversary

### Aims

- 1) To provide frequent opportunities for students to become more independent and responsible in the learning process by employing activities to encourage student participation, cooperation, critical thinking and decision making;
- 2) To develop students' ability to carry out communication tasks by learning in an English environment, and to increase students' exposure to English through informal activities;
- 3) To develop students' skills in writing by providing a variety of written tasks in accordance with the purpose and context of the communication;
- 4) To promote reading for pleasure through reading stories and poetry, etc;
- 5) To prepare teachers and students for the new syllabus;
- 6) To strengthen students' civil awareness and self-management; and
- 7) To enhance students' awareness of the Kuk's spirit and cultivate students' moral virtues.



The English Reading Club brings together book lovers to explore the world of reading at the library!



Students and teachers embraced the Halloween spirit with a festive celebration on 4th November this year.



A group photo of the Debate Team



Discovering a passion for service, students team up with St. Nicolas for volunteer work in Discovery Bay.



Students have fun with DIY Christmas card making.



A student dressed up as Santa to deliver their DIY Christmas cards to their peers.



# Faculty of STEM

## Department of Mathematics

### Aims

- 1) To develop students the ability to conceptualize, inquire, reason and communicate mathematically;
- 2) To develop students to use mathematics to formulate and solve problems in daily life as well as in mathematical contexts;
- 3) To develop students the ability to manipulate numbers, symbols and other mathematical objects;
- 4) To nurture students a positive attitude towards mathematics and the capability in appreciating the aesthetic nature and cultural aspect of mathematics;
- 5) To develop students' confidence and interest of mathematics learning;
- 6) To provide education of higher order thinking skills (e.g. the ability to think critically) for students;
- 7) To prepare students to be promoted to PLK Vicwood K.T. Chong Sixth Form College by restructuring the junior form curriculum;
- 8) To provide gifted education for the elite students; and
- 9) To foster PLK spirits.



**Our Maths Team receives a lot of international awards these years.**



**Our Maths Team participates in various Mathematics competitions this year. They receive awards from TIMO, PAP, HuaXia Cup and Greater Bay Area competition.**



**Our Maths Team enters the Final of Pan-Asia Pacific International Mathematics Invitation Competition 2019 in Xi An.**

**Chan Ching Nam and Tang Sai Man receive the Silver Award. Ting Ho Kam and Lee Chun Hin receive the Merit award in this competition in 2019.**



**Class representatives listen to the rules of the Rubik's Cube Competition held on 18th March 2023.**



**Class representatives use the timer to record their time.**



**Our students win awards in the Pan-Asia Pacific International Mathematics Invitation Competition 2023 – Heat.**



**Students try to break their best records.**



**Students receive the Champion of S.2 Rubik's Cube Competition.**



**This is the booth of Fun with 3D model making.**



# Faculty of STEM

## Department of Science

25<sup>th</sup> Anniversary

### Aims

- 1) To acquire the basic scientific knowledge and concepts for living in and contributing to a scientific and technological world;
- 2) To develop the ability to enquire and to solve problems;
- 3) To be acquainted with the language of science and be equipped with the skills in communicating ideas in science related contexts;
- 4) To develop curiosity and interest in science;
- 5) To recognize the usefulness and limitations of science and the interactions between science, technology and society and develop an attitude of responsible citizenship, including respect for the environment and commitment to the wise use of resources; and
- 6) To be able to appreciate and understand the evolutionary nature of scientific knowledge.



Open ceremony of our biotechnology laboratory in 2019



Students learn the basic biotechnology knowledge in our biotechnology laboratory.



Our research team has a press conference on the study of using super worm to decompose surgical masks.



Students explain to the visitors what they learn in biotechnology lessons.



This is the Dentistry department homepage



Conducting a 3-day biotech tasting programme for primary school students.



Students participate in AI imaging analysis of oral cancer in HKU Dentistry department.



The Science Team wins the Gold Achievement Award in the HKUST Underwater Robot Competition 2022.

They are:

1B Cheng Ho Man  
1B Ching Wai Hong  
1D Li Yee Ka  
1F Cheung Chiu Ming  
3A Lo Lok Yan Nicole



A student wins the Champion in the Flight Simulation Competition 2021.  
Student (graduate)  
3D Siu Hoi Wun



Students win the Best 4D Frame Design Award in the Hong Kong Creative Maths & Science 4D Frame Competition 2022.

They are:  
3D SIU Hoi Wun Venus  
3D CHEUNG Hoi Laam



# PLK Tong Nai Kan Junior Secondary College



Students from Biotechnology Research Team present their project – Biodegradation of polyethylene and polystyrene by Superworms and how they can protect the environment in the 54th Joint School Science Exhibition Competition.



Students from Science School Team present their project – “Smart Banknotes Detector” and how it can help the blind to recognise the banknotes in the 52nd Joint School Science Exhibition Competition.



Students from Science School Team present their project – “Smart Traffic Light” using the technique of the RFID wireless system in HK in the 51st Joint School Science Exhibition Competition.



Students present the “Smart Self-Closing Toilet Lid” and win the First Place Grand Award in the 2010-2011 Hong Kong Youth Science & Technology Innovation Competition.



Our Creative Thinking Team wins the Champion in the Odyssey of the Mind Hong Kong Regional Tournament 2021.



Students present the invention of the “Smart Shuttle Collector” and win the First Place Grand Award in the 2015-2016 Hong Kong Youth Science & Technology Innovation Competition.



# Faculty of STEM

## Department of Information & Technology Studies

25<sup>th</sup> Anniversary

### Aims

- 1) To equip students' computer literacy, including
  - a. basic knowledge on computers
  - b. basic IT skills such as office automation, use of presentation tools, use of online platforms, etc.
  - c. application of IT skills in finishing projects/assignments in other subjects
- 2) To foster students' creativity;
- 3) To foster students' logical thinking and problem-solving skills;
- 4) To develop students' self-learning abilities;
- 5) To cultivate students' moral attitude in using computers;
- 6) To raise students' interest in technology issue
  - a. Application of IT skills in their daily lives
  - b. Awareness of the latest development in the IT world
- 7) To prepare students for studying Information & Communication Technology (ICT) in senior forms;
- 8) To spot and train elite students in STEM gifted education; and
- 9) To let students appreciate the Country's achievement in IT development.



The Robotics Team wins the Overall Champion School in the MakeX Starter Competition.



Our Robotics Team participates in various competitions.



A student tries out the AI technology in our visit to Sensetime in the Science Park.



A student writes a programme for our inter-class Calculation Bee Challenge in the MAKER Fortnight.



Outings are arranged for students to learn about the latest development in technology.



Students have a coding workshop on app design on the Lifewide Learning Day.

### Faculty of STEM Department of Information and Technology Studies



Mr. Woo Yu Tin

Mr. Yeung Wing Shing

Mr. Liu Tak Piu

Mr. Mak Yue Cheung

Mr. Menghani Deeran Kumar

Mr. Yip Wai Lun

Students are engaged in a coding workshop.



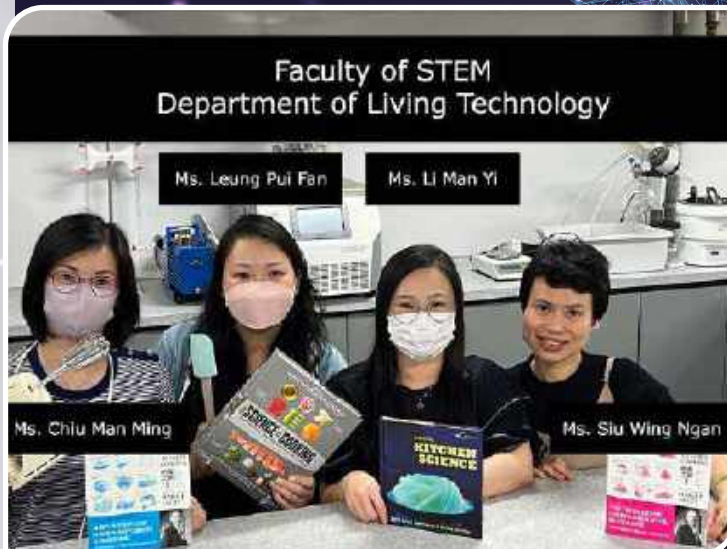


# Faculty of STEM

## Department of Living Technology

### Aims

- 1) To provide students with opportunities to learn about various aspects which are encompassed within the Living Technology curriculum;
- 2) To enrich the creativity and self-care ability of students;
- 3) To cultivate the development of multi-intelligent of students and thus enhance their organizational skills, self-confident and self-learning ability;
- 4) To enable students to understand the different angles of aesthetic views, and foster students in the use of more critical thinking skills;
- 5) To enable students to learn more about the basic knowledge of clothes making; and
- 6) To deepen students' knowledge in food making and encourage students to learn more about different food culture and the importance of food hygiene.



A student conducts an experiment on fat content in potato chips using the rotary evaporator.



The application of spherification on making a coffee caviar drink is the students' first experience in making molecular gastronomy cuisine.



Students learn about food science when making meringue.



Students attend a talk organized by THEi on food and nutrient.



Students design their own bubble tea bags during the Innovation Maker fortnight.



# Faculty of STEM

## Department of

## Design & Technology

25<sup>th</sup> Anniversary

### Aims

- 1) To arouse students' interest in STEM;
- 2) To foster students' creativity;
- 3) To enhance students' design thinking the problem-solving skills;
- 4) To equip student's maker skills
  - a. Basic skills of using hand tools and power-tools
  - b. Manipulate hardware via electronics (basic programming skills)
  - c. Integration concept between hardware and software
- 5) To raise students awareness of workshop/laboratory rules and regulations; and
- 6) To spot and provide gifted education to STEM elite students.

In workshop lessons, students collaborate in wood working projects.



Students learn simple soldering technique to work with electric and electronic projects.



A number of venue elements are programmable – the RGB programmable light strip. Students can apply their coding skills in the venue design.



Students participate in engineering projects and competitions.



Students represent Hong Kong to participate in international competitions.



Students use their creativity to make their own term project special!



A student designs her own product in project-based learning. The product is useful for everyday life, such as RFID smart locker and cyclist jacket.



Students learn the design concept and design a name badge for themselves in 3D-printing lessons.



Students participate in competitions and win several awards.





# 綜合人文科系 社會及文化教育科部

## 宗旨

- 1) 幫助學生瞭解自己、社會和世界，維持健康的個人發展，成為具有信心、知識與責任感的人；
- 2) 培養學生認識香港和中國的現況和發展路向，從而明白國土安全以及維護國家文化安全的重要性；
- 3) 培養學生承傳中華文化的傳統，從中領略歷史的智慧，對國家和文化產生認同；
- 4) 培養學生成為有識見、負責任的公民，懂得尊重法治，認同國民身份以及願意共同維護國家安全作出貢獻；及
- 5) 發揚保良精神，培養學生對社會人文的關懷和建立感恩知德、回饋社會的態度。

## 綜合人文科系社會及文化教育科部



安排學生於全方位學習日外出參觀，令學生增廣見聞。與此同時，作為保良局屬校，我們同樣重視發揚保良精神，培養學生對社會人文的關懷、建立感恩知德的處事方式及明白回饋社會的重要。



安排學生參觀基本法圖書館，讓學生能透過學習本科，成為有識見、負責任的公民，懂得尊重法治，認同國民身份，以及願意對共同維護國家安全作出貢獻。這次參觀對學生了解基本法有很大幫助，增加學生對國家的歸屬感。



學生積極參與校外學習研討會。是次活動可讓學生承傳中華文化的傳統，從中領略歷史的智慧，並對國家和中國文化產生認同。



派學生代表隊參與由深水埗舉辦的專題研習活動，實現多元化學習目標。透過網上問答比賽、專題研習和考察參觀等活動，培養學生認識香港和中國的現況和發展路向，從而明白國土安全以及維護國家文化安全的重要性。



帶領學生到社區進行考察和參觀。是次考察可以幫助學生更瞭解自己、社會和世界，維持健康的個人發展，使學生成為具有信心、知識與責任感的人。



# Faculty of Humanities Department of History

## Aims

- 1) To enhance and develop students' interest in studying history;
- 2) To help students understand the present in the context of the past;
- 3) To enrich students' knowledge of their own community and culture, as well as other major cultures of the world;
- 4) To develop students' historical skills and generic skills for further studies and life situations; and
- 5) To nurture students to become citizens who have global perspectives, knowledge and sense of responsibility.



The Archaeology Club organizes a visit to Sam Tung Uk Museum.



Several students receive Appreciation Awards for their performance in the Junior Secondary History e-Reading Award Scheme 2022.



Students build the Leonardo da Vinci bridge in a workshop titled 'Getting to Know Leonardo da Vinci' during MAKER Fortnight.



The History Department organizes a visit to the Po Leung Kuk Museum on the Life-wide Learning Day.



# Faculty of Humanities

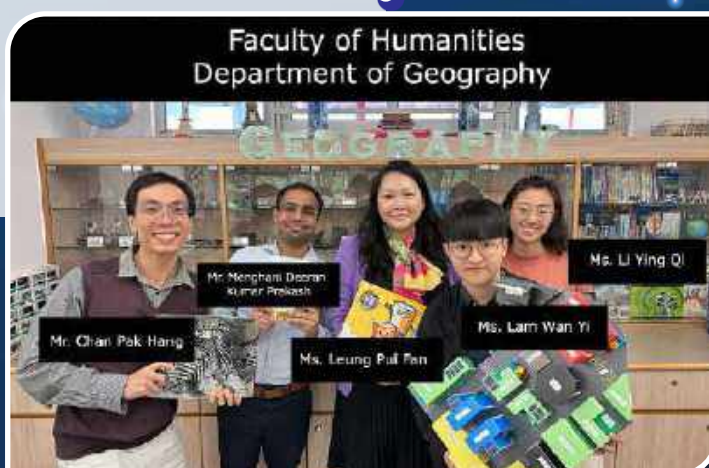
## Department of Geography

### Aims

- 1) To develop knowledge and understanding of space, place and environment, in particular the spatial arrangement of places and the interaction between humans and the environment;
- 2) To think and to enquire in a geographical manner;
- 3) To develop geographical skills and basic competencies for further studies and life situations;
- 4) To be informed and responsible citizens who are willing to act for the betterment of their home city, home nation and the world, and to contribute to the sustainable development of human societies and the natural environment; and
- 5) To enhance their interest in studying geography.



The "Self-watering Plant Pot Making" is one of the highlights of MAKER Fortnight. Led by members of the Geography Club, the workshop demonstrates how to turn plastic bottles into a self-watering potted plant, and students enjoy the hands on DIY activity.



"The Rings of Sustainability" booth, jointly prepared by the Geography Department and the Social & Cultural Studies Department showcases sustainable practices at the school's Maker Festival. Through an interactive game at the booth, participants can learn about the importance of sustainability and recycling.



To promote the concepts of urban planning and sustainable development in geography learning and encourage students to be more conscious of enhancing the urban environment, selected geography students are invited to participate in the "Be a Teen Town Planner—Planning for a Sustainable Neighbourhood" Competition 2022-23. The competition, jointly organised by the Education Bureau and the Planning Department, involves creating a model and recording a presentation video. Through this experience, students gain valuable experience skills and knowledge.



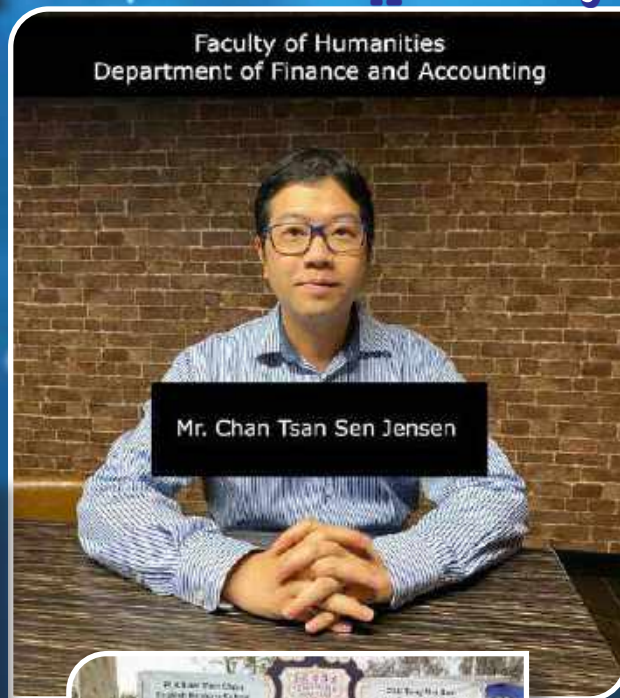
# Faculty of Humanities

## Department of Finance & Accounting

25<sup>th</sup> Anniversary

### Aims

- 1) To provide students at junior secondary level with fundamental accounting knowledge and skills, and develop their positive values and attitudes;
- 2) To explore different aspects of business to prepare students for life and for learning; and
- 3) To develop students generic skills in research, analysis, leadership, team-building, communication, critical thinking, creativity, and problem-solving which can be transferred to different domains.



Students have real experience in operating the Lunar New Year Fair Stall.



A meeting with Mr. Paul Chan, GBM, GBS, MH, JP, Financial Secretary.



Several students organize a Lunar stall in Victoria Park Market.



Playing the board game "Smart Financial Life" at the Maker Festival.



Presenting the proposal of 2022-2023 government Budget.



# Faculty of Humanities

## Department of Economics

### Aims

- 1) To develop an interest in exploring human behavior and social issues through an Elementary Economics perspective;
- 2) To understand the world in which they live through mastery of basic Elementary Economics knowledge;
- 3) To enhance their general intellectual capacity for life-long learning, through developing their capacities in Elementary Economics analysis, so that they possess the skills necessary for reasoning about issues and making rational choices; and
- 4) To participate as informed and responsible citizens in the decision-making processes of a modern democratic society.



Students have discussion with teachers during the Alibaba Jump-starter competition.



Mr. Chan Tsan Sen  
Jensen

Ms. Yuen Sau Yan  
Eliza



Our school receive the "Excellent School Award" in the video making competition organized by The Boys' and Girls' Clubs Association of Hong Kong.



A student receives the prize "Excellent Video Award" in the video making competition by The Boys' and Girls' Clubs Association of Hong Kong.



Students visit the Basic Law library during the Life-wide Learning Day.



During lunch recess, students have fun playing a variety of financial board games.



# Faculty of Creative and Performance Arts Department of Music

25<sup>th</sup> Anniversary

## Aims

- 1) To promote interest and develop skills in music so that students can have balanced development;
- 2) To nurture aesthetic sensitivity and cultural understanding in order to cultivate positive values and attitude;
- 3) To develop creativity, the ability to appreciate music and to effectively communicate through music; and
- 4) To gain enjoyment and satisfaction through participating in various music activities.



Students join a music event organized by 'Youth We Go' and learn about Hong Kong busking culture.



Our students join the Acapella singing in the 25th anniversary video performance.



Our students participate in Chinese Orchestra performance organized By '9+2 Bay Area'.



The Drama Team.



The orchestra team receives a champion award for their participation in the orchestra composition organized by Talent Arts Association.



# Faculty of Creative & Performance Arts

## Department of Visual Arts



The Visual Arts Club holds a booth, 'This is Me', to help our guests and students to draw human portrait in the 25th Silver Jubilee Charity Bazaar cum CoolSTEAMaker Festival.

### Aims

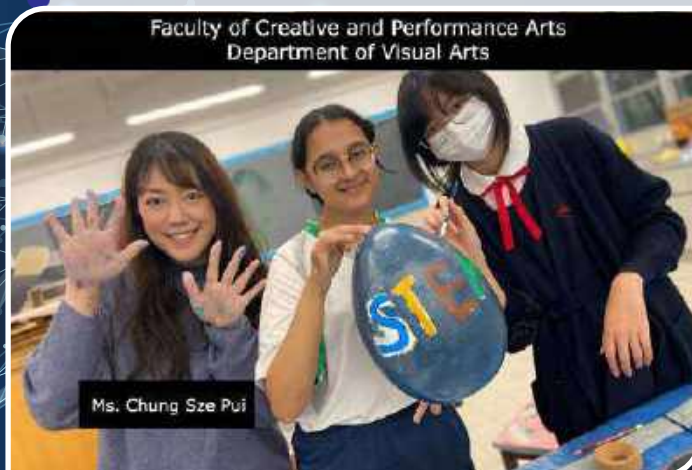
- 1) To develop students' creativity and critical thinking, nurture their aesthetic sensitivity, and build up their cultural awareness and effective communication;
- 2) To aid students in developing skills, knowledge and positive values and attitudes in art;
- 3) To provide students with delight, enjoyment and satisfaction through participating in art-making activities;
- 4) To help students to pursue their life-long interests in art; and
- 5) To contribute all-round personal and social development of every student through opportunities for co-operation, commitment, perseverance and tolerance demanded within the subject.



Simranveer Kaur in class 11E wins the Silver Award (English-S1 to S3) in WCACA Calligraphy Competition 2022.



Students enjoy their visit to the Hong Kong Museum of Art during a Life-wide Learning Day event.



Students take a photo with our Visual Arts teacher, Ms Chung SP.



The School's 25th Silver Jubilee Art Exhibition is held in JCCAC from 28th April to 2nd May 2023. Combining technology and arts, students of TNK reinterpret the educational phenomenon "STEM" in the most creative manner.



Class 2E students Lam Hin Man and Hui Cheng Lam create wonderful work in TNK Interclass Easter Egg Design Competition.



# Faculty of Sports Science

## Department of

## Physical Education

25<sup>th</sup> Anniversary

### Aims

- 1) To acquire locomotors, body coordination and object manipulative skills in a wide range of physical activities for fun and performance;
- 2) To ascertain how physical activities relate to good health, and learn the basic of planning, implementing and evaluating plan;
- 3) To understand the meaning of sports competition and develop positive values and attitudes;
- 4) To learn risk management, and implement measures to prevent sports injuries;
- 5) To construct a knowledge base for fun, performance, and the organization of physical activities; and
- 6) To understand the meaning of beauty, and strengthen the capability of giving comment on physical performance.



**Pegasus wins the House Overall Champion of the 1st Joint School Swimming Gala.**



**The 1st Joint School Swimming Gala of our school is held at Kowloon Park Swimming Pool on 8th December 2022.**



**The school representative team participates in the Sham Shui Po District City Orientation Competition 2023.**



**2E Chu Tsz Ching wins the Individual Champion in the Girls Grade.**



**2E Lam Tsz Yeung YY wins the Individual Champion in the Boys Grade.**



**The school volleyball team wins the Girl's championship and Boy's runner-up sponsored by Sham Shui Po Home Affairs Department in Sham Shui Po District Secondary School Light Volleyball Competition 2023.**



**The Silver Jubilee Sports Day is held at Kowloon Bay Sports Ground on 16th March 2023. Kabarda wins the Cheer Team Competition and the House Overall Champion.**



# Academic Committee

## Aims

- 1) To build serious learning and teaching culture and atmosphere, enhance students' interests and capabilities in learning;
- 2) To coordinate the development of subjects and library reading programs to promote reading in school;
- 3) To develop school-based curriculum and effective learning and teaching strategies;
- 4) To promote different teaching methods and strategies to get in line with education trends; and
- 5) To develop systematic operational procedures.



The Reading Common is setup to promote reading among students.



Students actively participate in reading activities organized by the library.



Students present their projects to visitors at the Learning & Teaching Expo.



Students engage in different topics of inquiry studies in the Project-based Learning and Research Thesis programmes.



Students learn about STEM on the Life-wide Learning Day visit to the Hong Kong Disneyland.



The Learning Support Team organizes activities to promote a culturally inclusive atmosphere in the school.



# Discipline & Guidance Committee

## Aims

- 1) To guide students through a proper developmental path and build positive values;
- 2) To help students to adapt to all kinds of transformations so that they can grow up healthily;
- 3) To enhance students' integrity and character as well as establishing a good self-image;
- 4) To guide students to be self-regulated, self-disciplined and respectful; and
- 5) To assist students to develop their intrinsic potential, control and manage individual emotions effectively so as to fulfill their needs for actualization.

## Discipline & Guidance Committee



From 1st to 2nd February 2023, S1 and S3 students attended the Leadership Training Day Camp at Pat Heung Junior Police Call Centre.



Students engage in a team-building game where they exercise their personal judgements while cooperating with their teammates in the same form.



The Stand-By-Me Programme was held on 30th September 2022, 10th February and 5th June 2023 to help S1 students be more familiar with the school. The goal of the programme is to help them adapt to their new learning environment. Teacher mentors shared their views with S1 students on matters related to school.

Students get into a formation and prepare themselves for a series of team-building activities that they develop team-spirit and problem-solving skills.



S1 students talk to the teacher who shares her view of self-learning and suggestions on ways to achieve goals in life.



At the day camp, this is an activity in which students transport the ball from one end to another using a paper-made pipeline.



At the day camp, there is a team leader in each group who is in charge of coordination and the facilitation of communication between each team member.



# Extra Curricular & Creative Activities Committee

## Aims

- 1) To provide an enjoyable school life for our students;
- 2) To strengthen students' sense of belonging to our school;
- 3) To develop the interests and potential of our students in all areas;
- 4) To build up the spirit of cooperation, self-discipline, responsibility and leadership within our students;
- 5) To teach our students to take part in healthy activities during free time;
- 6) To encourage our students to care for our society and participate actively in community services; and
- 7) To develop our students by promoting whole-person development through the extra cross-curricular activities.

## Extra Curricular & Creative Activities Committee



Class teachers and students have fun in S1 Orientation Day.



We coordinate service teams to promote the whole-person development of students.

The purpose is to provide services inside and outside the school, including the Safety and First Aid Team, Scouts, Girl Guides and St John Ambulance.



The interest classes include Japanese class, Korean class, Spanish class, Magic class, Aerial Photography Class, K-Pop class and Fencing.



The "One Student One Art/Sports" program provides a variety of extra-curricular activities and learning experiences for students. The activities include academic teams, sports teams, music teams, performing arts teams, uniform and services groups and academic clubs.



They are one of the teams representing our school and Hong Kong in the Odyssey of the Mind 2023 Competition at Michigan State University in the US.



# Careers Guidance Committee

## Aims

- 1) To provide students with quality life planning education and career guidance services which are aligned with their developmental needs;
- 2) To support students in making career decisions in accordance with their interests, abilities and orientations;
- 3) To empower students to make informed and responsible choices on their learning and career goals leading to a meaningful life;
- 4) To better prepare the students to actualize the potential through pursuit of personal and career goals; and
- 5) To assist parents in helping their children make life planning and career decisions.



Our Committee organizes a career visit to University of Hong Kong in this school year. During the visit, students learn about different subjects and they express their desire to attend universities.



Our Committee organizes a career visit to VTC where a VTC teacher shares the interesting work done by VTC students.



Students visit the HKYWCA (Hong Kong Young Women's Christian Association) and learn about the job of being a sports therapist.



Our Committee organizes an Entrepreneurship Program focused on Barista skills. Students learn about latte art, coffee beans, pour over coffee and how to use a coffee machine.



Our Committee organizes a Life Planning Education Enrichment Program, which includes Job Simulation Activity for F3 students. During the activity, students act as physiotherapists and learn about the muscles of a human body.



S2 students learn to be nutritionists.



Students have fun working on different jobs. They can have a greater understanding about different occupations after this activity.



Our school works with Junior Achievement Hong Kong (J.A.) closely and organizes a talk for students.



Both alumni and our S3 students gain a valuable experience expressing their thoughts on subject selection.



Our Committee invites Ms. Ng, Vice-Principal of Po Leung Kuk Viewwood K.T. Chong Sixth Form College to deliver a talk to S3 students and parents.



# Moral, Civic & National Education Committee

## Aims

- 1) To help students develop proper moral values, virtues and a positive view on life;
- 2) To help students understand themselves, their relationships with and responsibilities to their family, school, society and the world;
- 3) To help students understand our nation and to raise their national awareness; and
- 4) To enrich students' other learning experiences, and broaden their horizons, thus developing their abilities to think independently.



Mr. T. S. TSANG, GBS, JP delivers a talk to our students about Chinese civilization.



Moral, Civic & National Education Committee



Students attend the Moral Education lesson every Wednesday.



Speaker introduces about the effects of food waste to our students.



Students visit T-park in Tuen Mun to learn about environmental facilities in Hong Kong.



Our student takes part in volunteer work.



# Information Technology Committee

## Aims

- 1) A wide variety of IT equipment has been installed on the campus, including visualizers, LCD projectors, etc. Teachers from different subjects use the equipment to assist their teaching to enhance student-teacher interaction. Various e-learning tools are available for teachers and students to prepare for the recent shift in pedagogy;
- 2) To promote the efficiency and quality of the school administration, and to offer IT and AV assistance to subjects and committees;
- 3) To promote the school through the school homepage; and
- 4) To maintain the IT and AV equipment and the school network in a good condition.



The school hall has been equipped with an LED wall, line array speakers, a lighting system and multi-input panels that enable different activities to be carried out in the venue.



The lecture theatre has a TV wall and a sound system that can cater for different activities.



The Campus TV room and the AV equipment provide opportunities for teachers and students to prepare educational videos that arouse students' interests in learning.



Students use their own iPads for more interactive, engaging and effective learning.



The school is equipped with smart iPad and mobile phone lockers which provide a safe and secure place to store their properties.



# Environment & Resource Management Committee

## Aims

- 1) To enhance the use of resources by managing the school facilities;
- 2) To operate the school efficiently by coordinating the use of school venues and facilities; and
- 3) To enhance the students' sense of belonging by improving the school campus and facilities.



The Debate Room for debate team training.



The Campus TV Room for producing campus TV programs.



The Irene Yu Lecture Theatre for lectures or seminars.



The Study Room for students conducting self-study activities.



The TNK Cafe for students to have lunch gathering.



# Student Affairs Committee

## Aims

- 1) To coordinate the work and activities of student affairs internally and externally;
- 2) To ensure the resources can be used effectively in order to maximize students' benefits;
- 3) To arrange internal student affairs;
- 4) To implement the work which is for the welfare of students;
- 5) To take care of students' mental and physical development;
- 6) To raise students' sense of belonging to the school;
- 7) To obtain external resources for students; and
- 8) To recommend and nominate students for internal and external scholarships as well as financial aid to improve student's self-esteem and build self-confidence.

During the epidemic period, our school distributes some Rapid Antigen Test kits to each student for their use.



The Student Affairs Committee (SAC) organizes some health talks for our students from time to time.



2A Lin Zhuoqian, 2B Ma Shing Hei, 3A Yeung Wun Wun, 3A Chan Ho Him, 3B Cheung Chi Wai and 3C Wong Yee Ting are awarded the scholarships from Hong Kong Association of Youth Development (Sham Shui Po District Branch) and attend the prize presentation ceremony.



Our student, Tse Pak Yue, is recognized for his exceptional achievement in the 10th Kowloon Region Outstanding Awards, where he is selected as one of the Outstanding Students in the Kowloon Region.



Several of our students receive the TNK Star Awards.



# Public Communications & Ceremony Committee

## Aims

- 1) To enhance the school's image and popularity;
- 2) To provide school information and news to the public;
- 3) To strengthen the superiority of Through-train Program so as to promote school prestige and attract more target applicants;
- 4) To recognize students' achievement;
- 5) To raise funds for school development;
- 6) To promote Po Leung Kuk's spirit;
- 7) To connect the alumni with the school; and
- 8) To maintain the PTA operation.



Our school is delighted to invite honorable guests, including the Chief School Development Officer of Education Bureau Ms. Jessie M. WOO, the Chairman of the Board of Directors cum Schools' Supervisors Committee of Po Leung Kuk Mrs. Winnie W. L. CHAN, Supervisors, Managers, Principals, as well as other important guests to attend the Silver Jubilee Celebration Ceremony.



The 1st term Exam Prize Presentation Ceremony serves as a recognition for students who work hard and obtain excellent results.



Students from PLK primary schools are invited to join a 3-day AIoT Taster Program. Our student helpers demonstrate the correct use of the plugs to participants who are about to make a smart meter.



At the School Open Day, our students demonstrate the latest use of technology in the Smart Home Lab to our honorable guests during the school tour.

We are honored to have the Chairman of the Board of Directors cum Schools' Supervisors Committee of Po Leung Kuk Mrs. Winnie W. L. CHAN delivering a welcome address, and the Chief Curriculum Development Officer (Arts Education) of Education Bureau Dr. Lesley K. H. CHAN officiating the opening ceremony at Jockey Club Creative Arts Centre (JCCAC). Many visitors are amazed by the various art installations on display in the Art Exhibition.



Students from PLK primary schools are invited to join a 3-day Bio Tech Taster Program. They are delighted and have learnt a lot about Bio-Tech.



At the Silver Jubilee Charity Bazaar cum CoolSTEAMaker Festival, students learn how to speed up chemical reactions and develop a greater interest in STEM subjects.



# 2022-2023 Parent Teacher Association

19th Executive Committee of Parent Teacher Association:

	Parent:	Teacher:
Chairman	Ms. Yeung Po Yan	Mr. Ma Kai Sing
Vice-Chairman	Mr. Chan Fun Keung Ary	Mr. Cheng Yuk
Treasurer	Ms. Kwan Tsui Man	Ms. Liu Sin Yi
Secretary	Ms. Lee Fung Chun	Mr. Wong Hoi Wang
Recreation	Mr. Wong Chun Hung	Ms. Shek Lai Ling
Publicity	Ms. Yue Bo Yee	Ms. Poon See See
Publication	Ms. Yu Kit Wah	



Participants are making a leather key bag at the leather workshop.



A group photo of the 19th Executive Committee of PTA is taken by the Principal and the PTA teachers in the 19th PTA Annual General Meeting.



Participants win the luck draw at the Joint-School PTA Family Activity!



All participants take a group photo at the Hong Kong Museum of History on the Joint-School PTA Family Activity.



All participants take a group photo after successfully making a leather key bag on leather workshop.



All participants take a group photo after successfully making a terrarium at the terrarium workshop.



Parents and student helpers apply the balloon twisting skill at the Charity Bazaar cum CoolSTEAMaker Festival.



Principal Wong is answering questions from parents on "Genuine Discussion with Principals".



## Academic & Staff Development Committee

### Aims

- 1) To develop the school language policy;
- 2) To build an English-rich learning atmosphere at school to improve the English standards of the students. To enable subject departments and committees of the school to cope with the school language policy. To plan academic exchange programs;
- 3) To encourage teachers' professional development;
- 4) To unite the teaching staff, providing opportunities to exchange different points of view, establish and enhance the support network between staff;
- 5) To form a bridge between PLK Vicwood K.T. Chong Six Form College and PLK Tong Nai Kan Junior Secondary College;
- 6) To introduce new concepts from outside and inspire staff in order to continue self-improvement; and
- 7) To assist new staff in adapting to the environment and to gain an understanding of the school culture.



Academic & Staff Development Committee



At the Joint School STEAM Motorboat Competition, our students coach students from other schools in the making of their own DIY motorboat.



At the Joint School STEAM Motorboat Competition, students race the motorboats in a swimming pool.



A Picoblox workshop conducted by the Staff Development Team. Teachers have a taste of human body A.I. by manipulating this facial recognition programme.

## Financial Committee

### Aims

- 1) To ensure that the school complies with all the financial requirements of Hong Kong Laws, IMC, EDB and Po Leung Kuk; and
- 2) To monitor the accounts and manage the financial policies and procedures of the school.



Financial Committee



## Houses

As this is the end of the current academic year, it is time to reflect on the successes and achievements of our school. One of the cornerstones of our school community is the House, which brings students from all years and backgrounds to work together and compete with each other in the Silver Jubilee Sports Day and Swimming Gala.

There are three Houses in our school: Pegasus, Leopard, and Kabarda. Each House represents a unique set of values and traditions, and students take great pride in belonging to their House.

The slogan of Pegasus is 'To stretch their wings and soar' whereas the slogan of Leopard is 'To lift their feet and run'. Finally, the slogan of Kabarda is 'To show their own hidden potential'.

While each House has its own unique identity, they all share a common goal: to represent our school with pride and honor. By working together and supporting each other, our students create a sense of unity and friendship that extend far beyond the walls of our school.

As we look forward to the coming year, we are confident that our Houses will continue to be a vital part of our school community. We encourage all students to get involved and make the most of the opportunities that our House provides. Together, we can achieve great things and represent our school with pride and distinction.



The House representatives of Pegasus



The House representatives of Leopard



The House representatives of Kabarda



House Captains of the three houses





House Kabarda wins the Inter-house Football Competition in November.



House Leopard wins the Inter-house basketball Competition in May.



House Pegasus wins the Inter-house Volleyball Competition in April.

## Student Union

The principle of the Student Union is "serving our schoolmates and showcasing students' leadership talents". The SU organizes a variety of activities to our schoolmates, such as inter-class noticeboard competition, Talent Show, Inter-class Relay competition, S3 Farewell Party and game booths related to Joyful Fruit Week and so on. The SU also provides different types of student welfare, such as offering affordable stationery for students from time to time and liaising with different shops to obtain various discounts for our schoolmates. As a bridge between the school and students, the SU provides a platform for each class to communicate with our Principal and Vice-Principal on various aspects of student development.



The Student Union organizes a variety of game booths in the hall for our classmates to play during the Joyful Fruit Week.





3rd Row Tam Chi Yan Pak Yu Ho Nguyen Kwong Wing Rayan Sajed Umesh Thapa  
Gurung Arosh Lo Chun Yui Zhang Juntao Li Shing Chun Lee Sze Pui  
2nd Row Cheung Wing Kin Cheung Long Yin Law Wing Shan Wong Karina Xie Sau Ying So Cheuk Yin Yung  
Chung Ki Wu Man Hei Fei Nga Hei Chu Tsz Ching  
1st Row Ms. Li Ying Qi Mr. Tsang Kin Pui Ms. Chong Wing Ki Ms. Siu Wing Ngan  
Ms. Wong Yin Man Mr. Lau Kin Fai Mr. Leung Kam Chiu Ms. Lam Wan Yi



The Student Union provides a platform for every student to communicate with the Vice-Principal.



In the Silver Jubilee Charity Bazaar cum CoolSTEAMaker Festival, the Student Union committee organizes a game booth for school fund-raising.



Students purchase stationery at the Student Union Room.



The Student Union organizes S3 Farewell Party for S3 graduates every year.



# Contributions from Colleagues

## 祝賀唐初創校25年

黃曉彤副校長

香港回歸祖國25周年，亦是唐初創校25周年。

香港特區在過去25年，各項制度逐漸完善，社會發展愈趨穩定，並將會迎接更多新機遇，邁向更美好的未來。不知不覺之間，唐初亦已經創校四分一世紀。在人生的旅途來說，二十五歲正值是踏進社會、學以致用、實現夢想的年紀。在這個青春成長的階段，我們努力地摸索人生方向，並漸漸清晰未來發展的前路。這個階段的我們，年輕、有活力，正摩拳擦掌，對未來躍躍欲試。唐初發展二十五周年，在黃校長的帶領下，唐初發展目標清晰明確，展現了與時並進的活力。面對瞬息萬變的社會，未來發展路向必然是創新思維、人工智能及創新科技。因此，我們在專注初中優質教育的前提下，在課程中大膽創新，加入了不少STEM元素，以協助學生應對未來社會發展大勢。相信在校的同學們，都能真切的感受到唐初課程的與別不同。同學能在課程內學習到生物科技課程、食物科技及營養學課程、AioT及Block Chain課程、智能家居課程及機械人課程，以及跨學科MAKER課程等。在硬件配套方面，學校除了設置Fab Lab之外，還有生物技術實驗室，以及已經完成改建的Smart Home Lab，當中配備了先進的「智能家居」室內設備，可供學生學習編程。凡此種種，都可以看見學校為了培育STEM人才而投放的資源，是校方培育學生邁向未來科技社會的證明。

我相信唐初的學生是幸福的。學校的政策及方針，都是為了貫徹「一切為了學生、為了學生一切、為了一切學生」而訂定。期望唐初在邁進下一個廿五周年的時候，與香港特區一樣砥礪奮進，昂首闊步、勇往直前。

## 教學生活中的小確幸

趙敏明副校長

燙嘴的黑咖啡，宣佈一天工作的開始。每天喝咖啡的習慣打從擔任老師便開始，最初是甜甜的三合一，然後是滴漏加牛奶，再之後是黑漆漆的濃縮咖啡，分量愈來愈少，口味愈來愈濃，顏色愈來愈深，是否代表工作愈來愈艱辛？樂趣愈來愈少？想多了！只是口味隨年紀在變，蹦跳出來的白髮說明我已過了喜歡甜膩和牛奶的年紀，每天的一小杯黑咖啡，可是我的小確幸呢！

教育工作的確是不容易的，遠遠不止於「教」和「育」，旁人可能難以想像，老師竟然需要日以繼夜、夜以繼日的工作，每天都是忙得不可開交，工作亦充滿挑戰；不用上班的日子，真的累得只想躲在被窩補眠。如何在不容易的工作中為自己加油？我會多從教學生活中尋找小確幸，無數的小確幸加在一起，便會等於很大的幸福，會讓人更有動力、更積極的生活。上班時公路暢通、喝一杯濃濃的咖啡、簽閱文件時手指沒有被墨水弄髒、上課時同學帶齊課本、同學說了一句窩心的話、今天的午餐時間比昨天早、同學的默書成績有進步、上課時網絡穩定、走廊乾爽不會濕漉漉……這些都能讓我確切感到幸福。日常裏無數瑣碎的事，一點一滴的小幸福，除了潤澤心靈，也提醒我生活及工作的意義和快樂。

擁有健康的心靈才能幫助我們面對挑戰，讓我們享受生活。同學可能有不同的經歷，面對不同的挑戰，雖然快樂可能與一些環境因素有關，但亦取決於個人想法和行。主動尋求快樂的人，會較容易感到快樂；多與人分享、多欣賞和讚美別人，多參與和享受感興趣的活動，多留意身邊事物，多尋找生活中的小確幸，細味當中的美麗，培養好心情，便會感到更加快樂。

同學們，不如您也試試每天用幾分鐘，尋找生活上的小美好，細想身邊的好人好事，培養正面思考的習慣，為心靈打氣？

不只是小確幸——有一年擔任班主任，同學於烹飪活動後送我的製成品。





## 銀禧校慶有感

梁佩芬助理校長

「25」是一個充滿活力、充滿幹勁、充滿盼望、充滿熱誠、充滿憧憬的一個數字。「25」對學校而言，則是一個肯定、一個重要的里程碑。在此祝賀唐中生日快樂！在未來數之不盡的25周年，培育更多未來社會棟樑，為世界發光發熱！

「25」在同學眼中，又代表什麼呢？

或許同學會認為，「25」代表年齡，而現在的你只有十多歲，距離「25」尚有一段距離。現代醫學昌明，假設人人都有一百歲壽命，將其劃分四等份：

- 第一份是開墾期：同學從孩童長大成人，在學校學習、結交朋友的個人成長階段，訂立人生目標，了解各行各業，訂立志向和職向，為未來投身社會作準備的時期；
- 第二份是播種期：畢業後踏入職場、建立及鞏固事業和家庭的階段，訂立工作及發展目標，開展理財計劃，為將來作準備；
- 第三份是灌溉和耕作期：為退休生活作長遠計劃及準備；
- 第四份是收成期：享受事業及家庭的成果。

換句話說，二十五歲時，已過了人生的四分之一，當人人都努力為理想、為目標拼搏時，你的理想又是什麼？年華易逝，若不好好利用時間趁現在努力學習、做好生涯規劃，當你身邊的朋友各自向目標進發，你可能會茫然，若有所失。

「25」說長不長，說短不短，看看唐中，25年間，在師生的共同努力下，無論軟硬件設備、發展規劃，還是比賽表現，已有顯著的發展和一定的成就。機會只會留給有準備的人，希望同學都能好好訂立目標。「25」是一個充滿活力、充滿幹勁、充滿盼望的數字，希望由現在至二十五歲的您，是一位對生活充滿活力、充滿幹勁、充滿盼望的年青人，朝著理想進發！

## 《假期，是留給有準備的人》

裘俊明助理副校長

「假期」意味著不要工作、不用辛勞，無論是靈活的腦袋還是發達的四肢，身心皆可得到解放，所以「上班族」和莘莘學子無時無刻均會引頸以待，希望有假可放。

每逢星期五或長假期前夕，同學們無一不歡呼拍掌，為假期的來臨而高興。偶爾在小息會聽到同學們為著假期而鋪排的精彩節目，比起溫習和做功課的安排更為積極和完善；有的同學會早上醒來後去吃一個美味的早餐，然後下午去打球；有的會全情投入網絡遊戲的世界；有的會投進詩情畫意的世界，留在家中邊聽音樂，邊看小說……

我又如何度過珍貴的假期呢？每逢假期早上，我總習慣約八時起床，由於身體得到足夠的休息，精神抖擻，吃過早餐後，正是做學校行政工作和備課的好時辰。到了中午，飢腸轆轆，我還是心情暢快，不慌不忙挑選喜愛的餐廳，約家人或三五知己大快朵頤，吃個痛快；又或去做運動、行山，或又到戲院觀看新上映的電影，度過一個充實的下午……

假期裡，同學的生活又過得愜意嗎？是否真正可以輕輕鬆鬆的在家休息？連群結隊走到球場裡、戲院裡，或在朋友家中串門子，一起談天說地，甚至玩電子遊戲，一決高下呢？抑或，由於平日懶惰而堆積了大量未完成的功課和習作，無奈地把假期耗在家做功課呢？你可會因為早已完成功課、可以真正享受假期的同學而眼紅？

大家的身份都是學生，讀的課文一樣，功課的數量亦相同，為什麼一天假期的待遇竟如此不公平？人們口中常說：「機會，是留給有準備的人」；依我愚見，「假期」也是留給有準備的人。只有每天準時完成工作的人，晚上他們才可安心入夢；只有每天提早完成工作的人，他們才不會錯過天空突然出現的一道彩虹；亦只有每天勤勤懇懇工作的人，他們才不會被一些突如其來的事情，拖延工作的進度！

在學業生涯中有這麼多假期，同學會如何善用？你仍在貪圖目前的享樂，沒有為自己的前路作長遠的打算嗎？一個簡單易明的道理：現在你努力溫習可能會是辛苦的，但考得好成績會使你將來的人生道路行得輕鬆；反之，現在只顧玩樂會是輕鬆的，但你將來的人生道路會是行得辛苦的！建議同學們還是收心養性，為自己的未來作好準備，編好溫書時間表，在每次考試中都取得佳績，也希望你在未來的人生旅途上充分地把握每一個「假期」。



## 唐初回憶

陳贊臣老師

我在2002年正式加入唐乃勤這個大家庭，當年是開校第六年，正值學校轉型為一所文法中學，並開設中學會考課程。學校正因開設中學會考課程的商業科及會計學原理科而聘請教師，在此要多謝時任校長劉淑裘女士給我成為全職教師的機會，讓我進入唐乃勤這個大家庭，想不到轉眼間在唐乃勤這個大家庭已經服務了超過20年。當然亦要在此多謝現任校長黃仲奇先生對我的信任，讓我擔當校舍管理的重要職務。多年的校舍管理工作，使我對學校校舍的硬件設施產生了濃厚的感情，每一項學校的設施都記載着一段段值得回味的往事。

第一年到唐乃勤任教，是2002-2003 學年，下學期便遇着世紀疫症——沙士。還記得大家戴着口罩拍畢業照的時光，相信該屆畢業生都留下了很深刻的印象。想不到二十年後的今天，香港亦經歷漫長的新冠疫情，長達接近三年的疫情，徹底改變了人們的生活習慣，市民的衛生意識亦明顯加強，戴口罩已經成為生活的一部份。中一級學生從升中開始便是天天戴着口罩，直至最近開始恢復正常上課，部份學生除下口罩露出「真面目」，我反而認不到學生的面貌。今年，師生們能夠拍攝一張沒有戴口罩的班相，我相信也為他們留下深刻的印象。新冠疫情比20年前的沙士情況更加嚴重，影響範圍更遍及全世界。慶幸的是，新冠疫情亦為我們帶來不少機遇，促使電子教學技術一大躍進，同學安座家中亦可以透過各式各樣的軟件及不同方式進行學習活動，使到疫情期間學生仍能保持學習活動。因為疫情，亦使各種電腦軟件及硬件迅速發展，讓部份行業能夠讓員工有效地在家中工作，並且無損行業的正常運作，有的更因此節省成本及提升效率。相信日後在家工作的模式將會在某些行業繼續沿用。

人到中年，總會緬懷過去的日子，回憶小學、中學及大學時代所發生的事情，亦都回憶起初來唐中作為一位年輕新老師的經歷。畢竟在唐中大家庭的日子比起小學、中學及大學加起來的時間還要長。相信他日退休後，還會不時談論在唐中數十年的點點滴滴。從前我對美孚區非常陌生，兒時只有數次到荔園遊樂場才會經過這區，但自2002年起，每天從家中坐地鐵到美孚上班，漸漸對美孚區產生一種特別的感情；從前覺得美孚區只是一幢幢舊樓宇，但現在慢慢發覺美孚區的可愛之處，這裏交通方便並且擁有各式各樣的購物及休閒設施，可算是自成一角。當然，保良局唐乃勤初中書院更是區內珍貴的資產，期待可以繼續見證唐初的成長，師生共同面對各種挑戰及機遇，為更好的未來齊齊努力。



## 感謝・運動員

鍾啟健老師

回顧一下，原定於2020年於日本東京舉辦的夏季奧林匹克運動會，因受2019冠狀病毒病疫情影響，國際奧委會與日本政府在2020年3月24日決定延期舉行，但「東京2020」的名稱不變。媒體亦曾數度傳出日本政府將宣佈取消舉辦該屆奧運，但日本政府和國際奧委會多次否認。最終，於2021年7月23日至8月8日及2021年8月24日至9月5日，在日本東京都舉行了第32屆夏季奧林匹克運動會及第16屆夏季殘疾人奧林匹克運動會。賽事不安排觀眾進入比賽場館，在戶外舉行的比賽項目（如馬拉松、競走、單車、三項鐵人等）也禁止民眾在沿途觀賽。



說回自己，做了四十多年人，自懂事開始都欣賞了好幾屆奧運，的確覺得這屆奧運是最精彩及最令人興奮的。不是因為香港運動員取得獎牌歷屆最多，而是整個奧運會期間一直有香港運動員落場，令我可以很投入的叫著「香港、香港、香港」，可以很多次震臂高呼「yes」，可以很多次感動至熱淚盈眶，可以很多次感受到自己是香港人。這一切一切都是源於香港運動員和教練團隊多少個揮汗滴淚的歲月、堅持與付出。所以作為香港人，我要衷心多謝你們。

說到奧運，大家欣賞的是運動員的努力與堅持，這是毋庸置疑的，但甚少有人提及殘奧。令我震撼的是，每當我觀看殘奧運動員比賽，除了由衷的佩服外，我更感受到什麼是頑強的生命力，什麼是逆境自強，什麼是永不放棄。而我們這些健全的人，還會好意思常常怨天尤人嗎？感謝你們讓我看到生命的光輝，感謝你們讓我再次提醒自己，要好好珍惜活著的每一天！



## Once-in-a-lifetime Encounters

Mr. Yeung Wing Shing  
Associate Principal

I like travelling. For many years, I have got used to travelling alone. I enjoy the freedom of planning my own itinerary and see places at my own pace. However, my view has changed since I joined some “in-depth” thematic tours before the pandemic.

I called these thematic tours “study tours for adults” as I could really learn a lot about the history, religions, and people of the places we visited on the tour. Undoubtedly, the itineraries were well planned, and the tour guides were very knowledgeable about all the spots. Yet, what impressed me the most was the interactions between local people along the journey. One feature of the tours I joined was that we would visit local people’s homes or have meals with them, to see for real how life is in their country and to listen to their stories.

Talking about listening to people’s sharing, I believe it is not an unfamiliar experience for all students – you must have listened to many in assemblies or school outings. Normally, the Q&A session at the end of talks and sharings is only a formality because rarely does anyone have a question. It was the same to me in the past. I might have learnt something from the sharings or visits I joined at school, but I would not bother to ask questions.

This changed when I was on the thematic tours. The people I met were all unique and the conversations we had were so authentic that I felt like I should try to learn more from them. There is a Japanese phrase *ichi-go ichi-e* (一期一會), which means one should treasure a moment like you will never have the same encounter again – a “once-in-a-lifetime” encounter. This was what I was thinking when I was on my journey.

On the tours, I met a start-up entrepreneur, a lady whose parents have survived the Second World War, people who had lived in a refugee camp, and local guides who introduced the places to us. I have also joined a Sabbath dinner at a Jewish family. What they have shared was not something you could easily read on a book. I had a strong feeling that I should grasp the chance to know more about things I am interested in because I probably will never meet these people again. As a teacher, I am curious about education in different places. I asked about how entrepreneurship was nurtured at schools and what school lives were like in their countries. I exchanged views with them on differences in education systems. I tried to understand more about different cultures and learn about the mindsets of people who have lived or are living through tough times.

These are eye-opening experiences and my horizons have broadened a lot from other people’s experiences. Therefore, when I am joining sharing talks, visits, and tours now, I would try to ask questions if possible because these are also “once-in-a-lifetime” encounters.

I would encourage students to be braver in asking questions and be more curious to think about questions to ask. There are no stupid questions. (Of course, there are still “inappropriate” or “impolite” ones which you should avoid.) I hope the next time when you are asked if you have any questions after a guest’s sharing, you will seriously think about one and raise it. You will surely feel rewarded!



A picture of Mr. Yeung on Mount of Olive in Israel



Mr. Lai Chun Fai  
Associate Principal

It has been my pleasure to be part of the community of Po Leung Kuk Tong Nai Kan Junior Secondary College to celebrate her 25th anniversary.

I have never thought that I would have crossed paths in the education sector in my IT career. Having worked as an IT professional in the commercial sector after graduation, I happened to have a chance to take on new challenges here at TNK three years ago. Since then, I have got to see how a school operates and more importantly, learn how IT facilitates teaching and learning, though I used to get in touch with schools regularly as a parent when my son was still in school.

Since graduation, I have taken the career path of application development beginning from programming to IT/project management. IT is such a fast advancing industry that we constantly need to keep abreast of the latest technology. We cannot remain with what we learnt at graduation. To quote an example, Artificial Intelligence (AI) was simply a theoretical concept while I was at university, it has eventually been put into reality. Apart from AI, there are also key technology areas such as Blockchain, Cloud Computing, Big Data, Internet of Things (IoT) and so on, which were not even mentioned in the past. If you had to go out without a smart phone nowadays, how do you think you would feel?

IT has become an integral part of our lives, no matter who and where we are. It makes our lives better and better, if not getting out of control hopefully. Nevertheless, IT will definitely be an exciting career for our students to pursue. If you possess the following attributes, you shall be good at IT Studies in particular:

1. Interested in problems – You are just curious to find out why a problem happened and what caused it fundamentally.
2. Do not give up easily – You don't really want to pause/stop while looking into a problem, unless you find something out.
3. Analytically minded – You always look into a problem from different angles, and check it out with various scenarios, e.g. what if this, what if that, what if the other way round, etc.

To sum up, the above are just typical attributes that IT professionals usually have. After all, IT is a customer/user oriented industry where dealing with people is as important as dealing with hardware and software, not to say more. If you are hoping in pursuing a career in IT, I am confident that you will find it challenging and interesting. If you have no idea yet, why not give it a try? Seeing is believing.

Mr. Sze Chik Ki



Have you ever encountered a situation where you struggle to obtain good results? Have you found it hard to make good friends? These are the most common questions in teenage life. Here are my suggestions:

Regarding the problem of studying, it will be much better if you manage your time well. One common issue is that many students do revision the night before the exams. This, however, is not ideal. Treat every day as the last day of school. After going home and having your meal, take out your book and do revision every night. Not only can a good studying habit help you attain a better time management, but it can also help you relieve your anxiety. Therefore, having a good time management is important!

Another problem is about friendship. You do not really need many friends, but it will be great if you have a few friends who really care about you. Cherish your time with them. If you end up arguing with each other, try to calm down first. Put yourself in others' shoes. Think about ways to improve your relationship with others instead of finding excuses. By doing all these, I believe that you can find friends that can be your life-long companions!

The above are my suggestions. By the way, I am Mr. Sze. When you are lost in the dark, I will be the light to guide and help you get back on track!



## Challenges and Rewards

Mr. Chan Tsz To

I have been working with the school for more than three years. I have had the privilege of witnessing the growth and development of our students over the years. Looking back on my time in the classrooms, I am struck by the many challenges and rewards that come with this profession.

One of the most challenging aspects of teaching is the need to constantly adapt to the changing needs and abilities of our students. Whether it's finding new ways to engage students who are struggling, or pushing high-achieving students to reach even greater heights, teaching requires a great deal of flexibility and creativity. I am grateful to the school and our coworkers who have provided me enormous support with regard to teaching.

Despite these challenges, however, there is nothing more rewarding than seeing the progress and success of our students. Whether it's watching a struggling student finally grasp a difficult concept, or seeing a high-achieving student goes on to achieve great things in their future endeavours. Also the impact that teachers can have on their students is truly immeasurable.

In the end, I am grateful for the past three years I have spent as a teacher in the school, and for the countless students who have taught me just as much as I have taught them. While the challenges of teaching can be daunting at times, the rewards are truly priceless, and I am proud to have been a part of this noble profession.

Ms. Janie Lo Suzuki

Reflecting on my time in Tong Nai Kan, I am filled with a deep sense of gratitude and pride. What sets this school apart is its unwavering commitment to fostering a culture of learning and growth.

One of the things I appreciate most about this school is the emphasis it places on collaboration and community. In addition to the strong sense of community, the school also places a high value on diversity and inclusivity. Students come from a wide range of cultural backgrounds and each is celebrated for their unique perspectives and experiences. This creates a rich and dynamic learning environment where students are exposed to a variety of viewpoints and ways of thinking.

I would like to take a moment to encourage you to embrace the opportunity to learn a language other than your mother-tongue. I know that learning a new language can be challenging and sometimes intimidating. It can be difficult to step outside of your comfort zone and try something new, especially when it involves speaking in front of others. But I want to reassure you that the benefits of learning a new language are significant and far-reaching.

Learning a new language can open up a world of opportunities, both personally and professionally. It can help you communicate with people from different cultures and backgrounds, and can give you a competitive edge in the global job market. It can also improve your cognitive skills, boost your memory, and enhance your overall academic performance. The process of learning a new language can take time and effort, but I want to encourage you to approach it with a growth mindset. Don't be afraid to make mistakes or ask questions, and remember that every step you take towards learning a new language is a step towards achieving your goals.

So I urge you to take advantage of the language learning opportunities that are available to you at school. Whether you are just starting out or are already proficient in another language, there is always room to learn and grow.

I wish you all the best as you embark on your language learning journey, and I look forward to seeing the progress you will make throughout the year. Remember, with patience, persistence, and a positive attitude, you can achieve great things. Most importantly, you are not working alone, we are always here to guide you.

Finally, I adore the school's commitment to using innovative teaching methods and technology to enhance the students' learning experiences. Students are provided with cutting-edge tools and resources to help them achieve their academic goals.

I feel honoured to be a Naikanian. My experience in this dynamic and supportive community has been incredibly positive and fulfilling. I know that the things I have experienced here in TNK will stay with me for a lifetime. Once again, happy anniversary to my respected school, Tong Nai Kan Junior Secondary college.





# Contributions from Our Alumni

## 唐中與我



李振璋先生

2007年畢業生

校友校董、校友會副主席

時光飛逝，轉眼間我已離開母校十多載。回首過去，唐乃勤初中書院對我的影響至深至遠。

三年的時間，我在唐乃勤度過了充滿歡樂與收穫豐富的中學生活。課堂上，老師的教導讓我獲益良多，我不僅學會知識，也培養了正確的價值觀。課餘時光，我參加了電腦班和田徑隊，不但培養我對電腦和運動方面的興趣，也和同學建立了深厚的友誼。

與同學相處的點滴時刻串聯成令我永難忘懷的中學記憶。每每回想，猶感時光稍縱即逝，青春易失。

三年的時光雖短，卻成為我生命旅程中寶貴的財富。唐乃勤初中書院，感激你造就了我，讓我有機會度過那段美好的初中歲月！

如今，我在一家科技公司擔任執行董事，專注於多媒體工程及科技教育。回望過去，母校的教導確實為我奠定了日後成就的基礎，令我在初中時期已找到了人生的目標——投身資訊科技行業。

最後，我衷心祝願母校銀禧校慶圓滿成功，再創輝煌！

## 讓未來的你感謝今天的自己

回母校任教的田潤豐老師

2010年畢業生

作為一位舊生，能夠在母校保良局唐乃勤初中書院度過25周年校慶，我深感榮幸。回到母校擔任教師的第二年，我看到了學校繼續強勢發展的樣子，讓我引以為傲。

在這特殊的時刻，我想鼓勵每一位師弟师妹跳出自己的舒適圈，離開自己熟悉的環境。面對未來，不要害怕失敗，因為只有不斷嘗試，累積經驗，才能促使我們進步。在學校，我們擁有一個互相支持的大家庭，彼此激勵著去實現更高的目標。

此外，我們應該帶著謙卑的心態，主動求學。學會尊重和傾聽他人的意見，這將有助於我們成為更好的學習者和更圓滿的人。

現今社會變化迅速，新知識和技術不斷湧現。我們應該時刻關注這些變化，了解世界的發展趨勢，為未來裝備自己。請緊記，知識有能力改變命運，但更重要的是心態。在唐初所獲得的知識和經驗，將是我們未來成就夢想的基石。

最後，讓我們一起為母校的25周年校慶而歡欣鼓舞，並期待唐初在未來的日子裡，繼續茁壯成長，為香港培育更多優秀的學子。

祝願保良局唐乃勤初中書院25周年校慶圓滿成功！





## If not now, then when?

田伊爾小姐  
2015年畢業生

作為一位曾經在唐初書院度過美好時光的舊生，很高興能夠在這裡跟各位分享。在唐初25周年校慶之際，我想向母校致以最誠摯的祝福。

唐初是一個充滿歡笑和溫暖的地方，老師們是如此的關心和支持學生們，讓我們在這個大家庭裡感受到溫暖和關懷。

如今，我即將成為幼稚園老師。我深深地明白到學生需要一個穩定和溫暖的環境才能夠愉快地學習，因此，我也期望給予我的學生最好的支持和關愛，讓他們能夠在愉快的環境中學習和成長。

對於即將進入莊預的師弟妹們，我想給你們一些建議：你們要專注並努力學習，不斷地充實自己的知識和技能；你們也要保持積極和開放的態度，勇於面對挑戰和困難。

在這個25周年校慶之際，我想對我的母校說聲謝謝。謝謝你們給予我這麼多美好的回憶和經驗，讓我成就了今天的自己。我也希望即將升上莊預的師弟妹能秉持自己的信念和理想，在充滿愛的校園裡茁壯成長。

在此，我想寄語所有師弟妹，保持自己的初心和熱情，挑戰自我，放眼未來。困難和錯誤是成長的必經階段，也是豐富你人生閱歷的必經階段，只有勇於嘗試才能發掘更多機會和機遇。最後，送給你們我的座右銘：“If not now, then when?” 希望你們把握有限的時間，實現無限的可能。



## 唐乃勤的溫暖和力量

余希彤小姐  
2010年畢業生

作為一位唐乃勤的校友，能參與學校的25周年校刊我感到非常榮幸。回顧自己在這所學校度過的時光，我感到十分感激和幸運。

首先，我要感謝學校為我們所提供的優質教育。在這裡，我不僅學會了知識和技能，更重要的是，學校培養了我的勤奮、責任感和團隊合作精神，這些價值觀一直伴隨著我走過人生的種種挑戰。

其次，我要感謝學校讓我遇見了最重要的人——我的丈夫。當時，我們是中學同學，相識於課堂和校園。我們通過共同的興趣和價值觀，逐漸建立了深厚的友誼和感情。現在，我們已經在一起12年，最近計劃結婚。我非常感激學校，讓我們成為更好的人並獲得幸福。



最後，我要說的是，我很自豪能成為這所學校的校友之一。我記得當時自己是一個不太勤力的人，但是在老師的循循善誘下，我逐漸發現自己的潛力和價值。現在，我已經成為一名教師，我希望我也能夠像我的老師一樣，幫助學生發掘自己的潛力，未來有所成就。

學校對我的影響是深遠而積極的，對許多校友來說，學校對他們成長和發展是重要性的。祝母校能夠寫下更多感人及美好的故事，讓更多人可以感受到唐初的溫暖和力量。





# Acknowledgements

Po Leung Kuk Tong Nai Kan Junior Secondary College would like to express their heartfelt gratitude to these distinguished partners and staff for their support to the production of our 25th Anniversary Special Edition. It would not have been possible without their contributions. They are:

Special thanks: Chairman of the Po Leung Kuk Board of Directors 2023-24  
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Mr. Tin Yun Fung  
Mr. Wong Hoi Wang

Language Support Team

Ms. Wong Hiu Tung  
Ms. Suzuki Lo Janie

Others: All the school committees, teachers, parents, supporting staff, janitors, students, alumni and friends