



Ho Fung College

(Sponsored By Sik Sik Yuen)

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School Profile (2018-2019)

Principal's Message

The scholarships presented to LAU KIT HUNG and KU CHI TING fully illustrate the successes of Ho Fung in providing all-round education to our students. Ho Fung always takes various measures to equip our students with the 3As – 'able to learn', 'able to do' and 'able to engage' with the ultimate goal of having our students to have whole person development.

It's my belief that schooling should be education both inside and outside classroom, and whole person development should always come first. Since I took up the principalship at Ho Fung in 2012, I have been making a lot of changes based on this. These include changes in school administration, curriculum, teachers' development, student allocation, student assessment, support for student development, CCA arrangement, award and punishment schemes. These changes are fully supported by the school's stakeholders and our school's self-evaluation indicates that these changes have quite positive effect.

In November 2017, Ho Fung underwent the external school review (ESR) by Education Bureau to validate the school's self-evaluation and its impact on the school's development. The oral feedback by the ESR was encouraging with very positive comments on:

In 2014, the Government of the Hong Kong Special Administrative Region launched the Multi-faceted Excellence Scholarship (MES) to those HKDSE candidates excelling in sports, arts and / or community service. It aims to promote a culture of multi-faceted excellence and convey to society the message that academic results are not the sole criterion for measuring the success of young people. In the first year the scholarship was launched, the annual quota of the MES was about 20 and our 2015 S6 graduate, LAU KIT HUNG, was one of the students to receive the scholarship to study Social Sciences at the Chinese University of Hong Kong with tuition waiver for her 4-year programme. In a bid to further promote multi-faceted excellence, the government has decided to double the annual quota of the MES from around 20 to around 40 starting from 2018. Our current S6 graduate KU CHI TING did very well in the HKDSE with 4 subjects being 5**, 3 subjects 5* and 1 subjects 5 and was admitted to the Faculty of Medicine of HKU.

Over the years, one of the goals of our school is to provide students with quality all-round education, to nurture their charitable and social spirit so as to contribute to society in the future.



1. school leadership and various changes taken,
2. school self-evaluation,
3. curriculum development,
4. teaching strategies and arrangements,
5. learning and teaching effectiveness,
6. student support,
7. student life planning education and
8. student performance.

The ESR team leader said both teachers and students are very proud of the school and have a strong sense of belonging. She expressed very high appreciation to various achievements of Ho Fung in various aspects. All the team members felt the warmth of Ho Fung and enjoyed working in our school.

The comments in the official ESR report received in March 2018 are as follows:

- * The school leaders are enterprising and embrace change. The school Principal has clear goals, strong leadership, and can lead the school in all aspects of development. Pleasing outcomes are brought along with changes promulgated by the Principal.
- * All teachers contribute to the school self-evaluation process. The school is reflective in enhancing its continuous development. Constant reviews are made in achieving the targets set.
- * Major Review Emphasis (MRE) of Secondary School Education are suitably incorporated in school curriculum to achieve the targets set in school's major concerns. The school actively

promotes e-learning so as to enhance the quality of teaching and enable students to learn effectively.

- * Curriculum reviews and strategies to cater for learner diversity have positive impact on student learning.
- * Students have good learning attitudes and high learning abilities.
- * Measures are well in place to develop students' positive values and attitude. Greater emphasis has been put to help students develop a more balanced outlook on learning.
- * Life planning education enables students' better understanding of themselves in both academic and career pursuits. Students' voices are heard and properly addressed.
- * Students are benevolent and committed to learning. They perform well in both academic and non-academic aspects. There is a continuous improvement of students' performance in the HKDSE examinations.

The ESR is a comprehensive review of a school's work and changes since 2012. In the future, the school will strike for further improvement in various aspects through continuous self-reflection. Strategies will be formulated according to the recommendations of the ESR report to enhance e-learning and students' self-regulated learning. I am confident that all teachers and students will continue to support the school's future changes and various enhancement measures to pursuit excellence.



School Information

Supervisor:	Mr. Lai Chak Sum
Principal:	Mr. Siu Chi Sun
Sponsoring Body:	Sik Sik Yuen
School Motto:	To act benevolently and to teach benevolence
Year of Commencement of Operation:	1974
School Size:	About 7779 Sq. M
School Type:	Aided (Co-ed)
Medium of Instruction:	English
Number of Classes:	24
Number of Students:	765
Number of Teachers:	58 (Including School Head)
Qualifications and Professional Training:	Bachelor Degree: 36.2%, Master Degree or above: 63.8%
Working Experiences:	0-4 years: 1.7%, 5-9 years: 25.9%, 10 years or above: 72.4%
Direct Public Transportation to School:	There is direct bus service from Tsuen Wan, Kwai Chung, Tsing Yi, Shatin, Ma On Shan, Sheung Shui, Tai Po, and West Kowloon, etc. School bus service will also be provided.
School Facilities:	The new wing was completed in 2004. New facilities were installed. These include three computer rooms, a language laboratory, a gymnasium and the office of the Students' Association. The campus is air-conditioned as well.

Class Structure

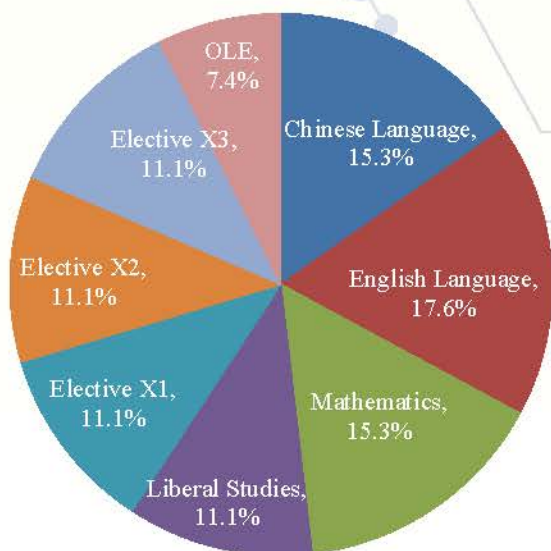
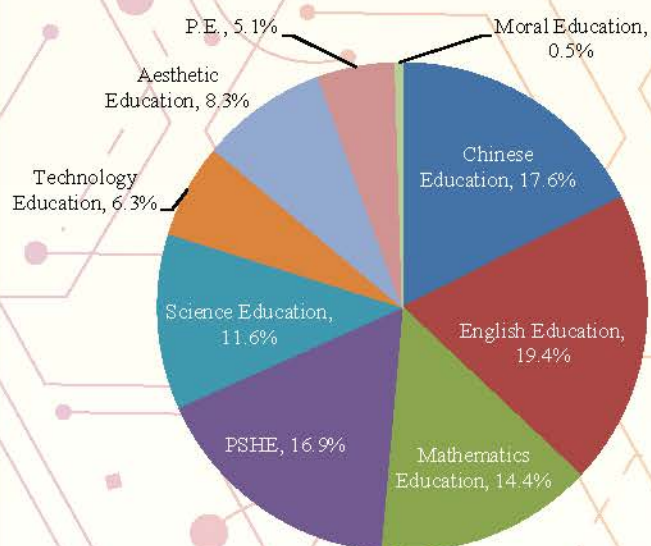
	S1	S2	S3	S4	S5	S6
No. of Classes	4	4	4	4	4(+1)	4(+1)
No. of Students	130	128	122	132	132	123



Curriculum Structure

Junior Secondary

Key Learning Area	% of Time Allocation (3 years)
Chinese Education	17.6%
English Education	19.4%
Mathematics Education	14.4%
PSHE	16.9%
Science Education	11.6%
Technology Education	6.3%
Aesthetic Education	8.3%
P.E.	5.1%
Moral Education	0.5%
TOTAL	100.0%



Senior Secondary

Key Learning Area	% of Time Allocation (3 years)
Chinese Language	15.3%
English Language	17.6%
Mathematics	15.3%
Liberal Studies	11.1%
Elective X1	11.1%
Elective X2	11.1%
Elective X3	11.1%
OLE	7.4%
TOTAL	100.0%



Academic Performance Of S6 Students (2017-2018)

Our students once again reaped impressive results in the 2018 HKDSE. 90.0% (117) of our students met the basic entrance requirement for admission to publicly-funded undergraduate programmes (33222), well above the territory-wide day school

figure (42.0%). A special mention is given to Ku Chi Ting (6D), who achieved a top score of four 5**, and three 5*. Students with three or more subjects attaining 5* or 5** are as follows:

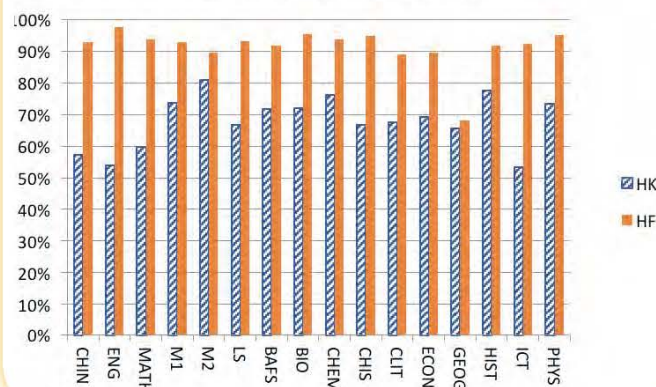
Class	Name	No. of subjects attaining 5*/5**	Score of best 5 subjects	Primary School
6D	Gigi Ku Chi Ting	7	34	Shek Lei Catholic Primary School
6D	Eason Lam Sum Chung	5	32	Chai Wan Kok Catholic Primary School
6B	Maggie Choi Mei Kei	4	30	HKTA Yuen Yuen Institute Shek Wai Kok Primary School
6D	Justin Kan Ka Chuen	4	30	Shak Chung Shan Memorial Catholic Primary School
6B	Yoyo Leung Yuk Yiu	4	29	TWGHs Ko Ho Ning Memorial Primary School
6D	Kelvin Chan Hoi Man	4	28	Chai Wan Kok Catholic Primary School
6D	Robin Hung Tsz Nok	3	28	Tsuen Wan Government Primary School
6B	Armstrong Tuen Ho Tim	3	28	Ching Chung Hau Po Woon Primary School
6B	Lily Lai Ying Yi	3	28	Kwai-Ming Wu Memorial School of Precious Blood

Below is the overall performance of our students compared with the territory-wide day school figures:

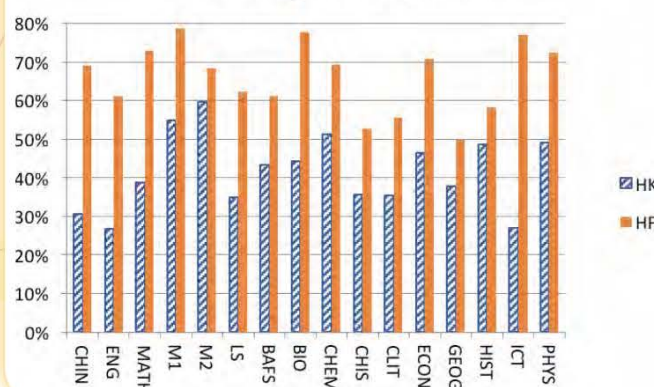
Performance in HKDSE 2018	Ho Fung (%)	HK (%)
English Language (Level 3 or above)	97.7%	53.8%
Chinese Language (Level 3 or above)	93.0%	57.2%
Mathematics (Compulsory Part) (Level 2 or above)	100.0%	82.5%
Liberal Studies (Level 2 or above)	99.2%	89.0%
Students eligible for degree programmes ("33222")	90.0%	42.2%
Accumulated total of attaining level 3 or above	93.1%	62.0%
Accumulated total of attaining level 4 or above	66.6%	35.4%

Impressively, the percentage of students attaining level 3 and level 4 far surpasses the territory percentage.

Attaining level 3 or above



Attaining level 4 or above

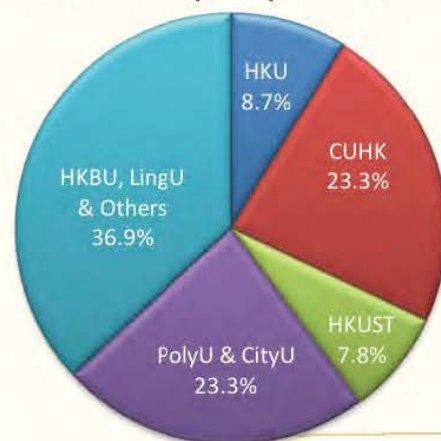


JUPAS Offer (2018) – Main Round

80.5% (103) of our students received main round offer in JUPAS.

Tertiary Institutions	Degree	Sub-degree	Total
HKU	9	0	9
CUHK	24	0	24
HKUST	8	0	8
PolyU	16	1	17
CityU	5	2	7
HKBU, LingU and Others	37	1	38
Total	99	4	103

JUPAS Offer (2018) : 103 offers



Band	A	B	C	D	E	Total
No. of offer	88	8	4	2	1	103



Hall of Fame

S1

Top ten students in each form:

Class	Rank in Form	Name	Primary School
1C	1	Jason Siu Tsz Yin	St. Margaret's Co-educational English Secondary & Primary School
1A	2	Ally Pok Wan Yiu	Hoi Pa Street Government Primary School
1C	3	Oscar Ngo Ka Him	Si Yuan School of the Precious Blood
1D	4	Kim Chin Cheuk Him	Shak Chung Shan Memorial Memorial Catholic Primary School
1B	5	Toby Lee Pui Ki	Salesian Yip Hon Primary School
1B	6	Sophia Lee Tsz Yu	Buddhist Lim Kim Tian Memorial Primary School
1C	7	Deron Tam Tik Long	Tsuen Wan Government Primary School
1B	8	Jamie Leung Ching Man	Chai Wan Kok Catholic Primary School
1D	9	Chloe Ching Ching	SKH Ho Chak Wan Primary School
1A	10	Jake Fung Hok Yeung	Hong Kong Baptist Convention Primary School



S2

Class	Rank in Form	Name	Primary School
2A	1	Chebbie Lai Cheuk Yiu	Si Yuan School of the Precious Blood
2A	2	Tiffany Lui Wai Yu	SKH Chu Oi Primary School
2A	3	Yoei Yung Sin Yi	CCC Kei Wai Primary School
2A	4	Marco Lee Long Ting	SKH Chu Yan Primary School
2A	5	Maggie Lee Man Ki	Shak Chung Shan Memorial Memorial Catholic Primary School
2A	6	Kevin Ng Tsun Tsan	Shek Lei Catholic Primary School
2A	7	Kimmy Li Kam Yin	Salesian Yip Hon Primary School
2A	8	Jason Wong Hui Kiu	Kwai-Ming Wu Memorial School of Precious Blood
2A	9	Felix Shum Fai Yiu	Salesian Yip Hon Primary School
2A	10	Tina Wu Tsz Ying	Si Yuan School of the Precious Blood



Class	Rank in Form	Name	Primary School
3D	1	Sabrina Tai Sze Ming	Hong Kong Baptist Convention Primary School
3D	2	Wilson Hui Tat Fung	CCC Kei Wai Primary School
3D	3	Cherry Pau Cheuk Yuet	Salesian Yip Hon Millennium Primary School
3D	4	Bosco Wan Kai Yui	Emmanuel Primary School
3D	5	Yanki Wong Pui Yan	Salesian Yip Hon Primary School
3D	6	Bonnie Kwok Sze Wai	Ho Shun Primary School (Sponsored by Sik Sik Yuen)
3D	7	Ken Lam Shing Yuen	Tsuen Wan Chui Chow Public School
3D	8	Ming Chan Ming Jaak	HKTA Yuen Yuen Institute Shek Wai Kok Primary School
3B	9	Belle Lau Man Yiu	Si Yuan School of the Precious Blood
3D	9	Ruby Lee Pui Yee	Salesian Yip Hon Primary School

S3



Class	Rank in Form	Name	Primary School
4D	1	Ryan Chan Chun Hei	Tsuen Wan Government Primary School
4D	2	Carol Chan Cheuk Wing	CCC Kei Wai Primary School (Ma Wan)
4B	3	Vicky Tsang Wai Ki	Salesian Yip Hon Primary School
4D	4	Charline Ho Cheuk Lam	Shak Chung Shan Memorial Memorial Catholic Primary School
4C	5	Christy Yuen Wing Yan	Tsuen Wan Government Primary School
4D	6	Alex Kwok Chun Ting	Kwai-Ming Wu Memorial School of Precious Blood
4D	7	Vivian Chan Wing Yiu	St. Margaret's Co-educational English Secondary and Primary School
4D	8	Keith Yu Ka Hei	Salesian Yip Hon Primary School
4E	9	Vicky Tang Wai Kei	SKH Chu Oi Primary School
4B	10	Queenie Wu Yik Mei	Salesian Yip Hon Primary School

S4



Class	Rank in Form	Name	Primary School
5D	1	Jusk Lau Chak Shu	Mary of Providence Primary School
5D	2	Alex Wong Yin Tung	Tsuen Wan Chui Chow Public School
5D	3	Calvin Wong Hong Ki	TWGHs Ko Ho Ning Memorial Primary School
5B	4	Ringo Yeung Hoi Yau	Hoi Pa Street Government Primary School
5E	5	Josie Mak Hei Yin	Ching Chung Hau Po Woon Primary School
5D	6	Karen Wong Yi Ting	Salesian Yip Hon Primary School
5D	7	Stephanie Suen Ka Lam	Hong Kong Baptist Convention Primary School
5E	8	Clarrie Chan Ka Wai	Salesian Yip Hon Primary School
5E	9	Kiki Lam Heung Nung	Chai Wan Kok Catholic Primary School
5D	10	Jaden Wan Cheuk Hei	Salesian Yip Hon Primary School

S5



Our Outstanding Students

Gigi Ku Chi Ting – Achieving a top score of four 5, three 5* and one 5 (Primary School: Shek Lei Catholic Primary School)**

Being a student in Ho Fung for six years, I have got a lot from my alma mater. Not only is Ho Fung a place for studying, but it also is a place for growth. What I appreciate the most is that the teachers help students to achieve our goals. When I asked many questions via instant messages, the teachers always replied promptly with detailed responses. When the teachers asked me to help them with some tasks, they would remind me not to pack the schedule too tight, although they really needed someone to help. Even though I performed well in the examination, they did not put too much pressure on my public examination. I am very lucky that I have met considerate teachers and classmates in my secondary school life. Without them, I would not have had the success I've had.



Nicole Wong Tsz Yi – Winners of Outstanding Student of New Territories, 2017-2018 and Tsuen Wan and Kwai Tsing Outstanding Student Award, 2017-2018 and (Primary School: Hoi Pa Street Government Primary School)

I am very honored to have this opportunity to represent Ho Fung to take part in the Tsuen Kwai Tsing Outstanding Students Election and the New Territories Outstanding Students Election. First, I would like to thank my teachers for encouraging me to join the competition. Most importantly, I am really grateful for what Ho Fung has given me. The school always encourages students to join all sorts of programmes and competitions in order to unleash our potential and encourage us to develop our strengths. One can always find out his/ her strengths and develop his/ her interests by joining the extra-curricular activities proactively. Through the ones I have joined, I have discovered that everyone has their strengths and weaknesses, and that I can always learn from the others through the activities as well as getting better equipped.



Kelvin Chan Chun Hei – Student of the Year 2017 (Performing Artist – Merit), organised by South China Morning Post (Primary School: Hong Kong Baptist Convention Primary School)

I have always been proud to be a HoFunger.

Never had I thought about getting the SCMP Student of The Year – Performing Artist award. This award is very meaningful for me, as I can not only meet some like-minded friends from different schools, but more importantly, it gives a big recognition for me. And the luckiest thing is that I had an opportunity to perform with a well-known pianist Colleen Lee at the prize giving ceremony. It was such an unforgettable and treasurable moment for me.

On the other hand, I am so grateful for being nominated by teachers in Ho Fung. It is beyond dispute that Ho Fung gives tremendous opportunities for students to show off their talents. For me, I am very honor to be the school's pianist from forms 2-5, and even being the conductor for the choir in front of the whole school. Those opportunities really enriched my performing experience and made me more self-assertive.



Onions Chan Yui Chung – Winner of Outstanding Student Leaders Award (Primary School: Salesian Yip Hon Millennium Primary School)

I am glad to be given the opportunity to join the Outstanding Student Leaders Award organised by Hok Yau Club. I am also honoured to be elected as one of Outstanding Student Leaders. With this valuable chance and its intensive training, I could have a better understanding of my weaknesses and strengths, which gives me a clearer position in a group. One of the most memorable experiences in this programme was that we held an activity on the street, which aimed to release stress of the Hong Kong people. I truly felt how Hong Kong people are stressed out because of the bustling daily life and also experienced the job of being an event planner. This was a very special experience to me. After accomplishing various projects with other candidates, I learnt how to coordinate with different parties effectively, how to cooperate with my teammates according to their uniqueness and how to be a good leader.



Achievements of Our English and Chinese Debate Teams

English Debate Team

'No gain without pain' best sums up the hard work and the achievements of the English Debate Team in the school year 2017-2018. Most students may find debating in English unreachable. However, if you can enjoy the oratory battles with the elites from other schools, you will find your effort definitely worthwhile.

Team	Competition	Award
S2	The 19 th HKPTU English Debating Competition – Grand Finals (2017-2018)	Champion, S2 EMI Division
	Hong Kong Secondary Schools Debating Competition – Term 2, Regional Final-NTW (2017-2018)	Champion, Junior Division I
S3	The 19 th HKPTU English Debating Competition – Grand Finals (2017-2018)	Champion, S3 EMI Division
	Hong Kong Secondary Schools Debating Competition – Term 2, Regional Final-NTW (2017-2018)	First Runner-up, Junior Division I
S4	Hong Kong Secondary Schools Debating Competition – Term 1, Regional Final-NTW (2017-2018)	Champion, Senior Division I & Best Debater
	Hong Kong Inter-School Mock Trial Championship 2018	Best Counsellor
	The 5th CityU Discovery & Innovation Debating Challenge 2017	Champion & Best Debater
	The 19th HKPTU English Debating Competition – Grand Finals (2017-2018)	First Runner-up, S4 EMI Division
	Hong Kong Secondary Schools Debating Competition – Grand Finals (2017-2018)	First Runner-up, Senior Division I

Debating isn't all about winning awards and beating competitors but no one should underestimate the importance of competitions. In fact, taking part in debating competitions is the quickest way to develop your public speaking skills.

Here is a big tip given by our S2 debaters who have only been doing debate for one year: 'If you want to be a more confident debater, you need to be aware of what's happening in the world around you.'



中文辯論隊

黃芷宜
(小學：海壩街官立小學)

辯論不只是提升論辯技巧，更重要的是從鋪陳論點，思考如何反駁對方中訓練邏輯思維，以及加深對社會的認識。雖然辯論佔了我們不少私人時間，但從中所學到的技巧、知識絕對是不能從書中得到的。感謝老師、同學一路無私的扶持與協助，令辯論隊在多個比賽中取勝，並榮獲扶輪杯全港季軍。



English Learning

Josie Mak Hei Yin

(Primary School: Ching Chung Hau Po Woon Primary School)

This year was packed with a wealth of English learning activities which enrich our school life, including the Chat Room and City Forum, where we researched, discussed and debated topical issues and took on roles as government officials and various stakeholders; multiple platforms to give speeches and presentations to our classmates and to the whole school – one time we pretended to be Youtubers and promoted our own 3D-printing product! Among the many English-learning experiences, the talk given by the award-winning English writer, Claire Fuller, was particularly memorable. Not only was the opportunity to meet an author extremely hard to come by, Miss Fuller's journey to becoming a writer is uniquely motivating - she chose to pursue her dream at the age of 40 and yet succeeded.

English is often acquired not through textbooks, but communications and applications. Have fun with the language and you will fall in love with it without even noticing.



Deron Tam Tik Long, 1C

(Primary School: Tsuen Wan Government Primary School)

As a Secondary 1 student, I could seize different opportunities to immerse myself in an English-rich environment, like daily announcements and weekly morning assemblies. I was thrilled to have a chance to host a prize presentation during a morning assembly, though it was my first try.

Another unforgettable experience for me was participating in the poem recitation contest. I was quite nervous at first, but after encouragement and guidance from my teacher, I felt much more confident to speak publicly than before.

I've got wonderful English learning experiences joining the Ho Fung family, and I hope you will too.



Kim Chin Cheuk Him, 1D

(Primary School: Shak Chung Shan Memorial Memorial Catholic Primary School)

The highlight of my English learning this year was absolutely the Outback Steakhouse visit. It was a joyful and fun activity which encouraged us to use English throughout the whole visit, applying what we learnt from lessons before, such as proper table manners and dining language. It is great that we can learn while enjoying dishes with our friends at the same time.



Students' Growth

Kenny Lau Yui Kan (Primary School:CCC Kei Wai Primary School (Ma Wan))

This was my honour to represent my school to participate in the 2nd Secondary School Peer Mediation Competition, in which our school got the 1st runner-up. I would like to take this opportunity to share how our team prepared for the competition. You may be confused about what peer mediation is. Actually, it is a process to solve the conflict between peers in a harmonious and rational way. To prepare for the competition, we needed to do a lot of practice and case studies to ensure that we could apply our mediation skills naturally and effectively. We also studied different cases, which helped us handle the mediation process more easily and smoothly. We managed to handle some special situations in the course of mediation. We practised meditation skills at school every day until 6 o'clock before the competition. My teammates and I put 100% effort into every practice. Although we lost in the grand final, this experience was meaningful and our success in the competition has helped promote peer mediation to more schoolmates in Ho Fung.



Mei Lai Mei Yi (Primary School:SKH Chu Oi Primary School)

Have you ever spent time walking along the streets and taking a look at the surroundings around you? I had the opportunity to do that in the photography competition 「舊有舊好」社區攝影比賽 held by the School of Poverty Caring.

We joined this competition with the recommendation of Mr. Li Chi Ching and Mr. Chu Siu Ho a few months ago. We did not only try to take photos of the cultural fragments of Hong Kong, which are on the verge of disappearance, but we also explored more about the old districts, and reflected on the dilemma – should we embrace the new at the expense of our precious past?

After capturing those pictures, I have learned one thing: with our city developing in an incredibly fast pace, it's harder and harder to recall the good old days that helped make our city the way it is, the precious gems of culture that made us proud of who we are. As Hong Kong citizens, we all have the responsibility to protect our own unique culture. We have been walking too fast, and now it's time to slow down. Relax, take a deep breath, and capture those tiny pieces which make us unique.



Owen Wong Wai Lun (Primary School: Si Yuan School of the Precious Blood)

When taking the photos, I think it is hard for the elderly to collect the cardboard boxes and litter every day just to make ends meet. I saw many shops put the unwanted cardboard boxes outside their shop. When the elderly came, they could get it. I pressed the button and captured the moments of warmth and love in the community. After the competition, I have a strong feeling that the government should pay more attention to the lives of the poor and the elderly. They should devise policies to ensure that they can live better lives. I learnt more about the old community when walking in it and doing research. I was glad to have the opportunity to join this competition and I hope I can have another chance to join this kind of competition next time.



Teaching and Learning: STEM Education

Mathematical Modelling

With the aid of latest wireless remote sensing technology, scientific experiments now allow instant accurate data collection yet handy set up. Data analysis with applied mathematical methods has now made science and mathematics lessons much more engaging and strongly connected.



Coding and Robotics

Coding and robotics education is extensively implemented in computer technology lessons. Students can learn coding from programming blocks and advances to command line style. STEM lessons focusing on robotics are also implemented in S1 classes.

Exploring new ideas

Through competitions, visits and experience sharing, we have been constantly exploring innovative ideas and latest advancement in science and technologies.



Aesthetic Development

Calvin Wong Hong Ki
(Primary School: TWGHs Ko Ho Ning Memorial Primary School)

Five years ago, I enrolled in the wind band as I thought I had the ability. Soon, I proved myself wrong just at our very first practice of the year — watching those notes that I couldn't reach with my trumpet skills felt the same as reading a thesis about quantum decoherence. (What is that?). Five years later, I am the same boy, playing the same instrument but I am finally able to take up the position of one of the key players. What made me stay? Neither the prizes we won, nor the emotions from the songs have retained me. The satisfaction from improvement, and from being able to build an amazing harmony with everyone's effort paid to refine their own parts were the key to my astonishing growth.

Well, I guess this is what the word 'teamwork' means. Nothing can be more encouraging than being able to improve in a team. Nothing can be more satisfying than being able to present the essence of collaboration to the public.

I would like to take this opportunity to thank our conductor Mr. Pak, our Music teacher Miss Yeung and other members for their great efforts. Thanks for giving me an enjoyable experience to reminisce about my years in the School Band.



Andy Lam Ho Tik

(Primary School: Tsung Tsin Primary School and Kindergarten)

This year, the Drama Team won the Adjudicators' Award in the Hong Kong School Drama Festival. As a member of the Drama Team, we were honoured to be invited to perform in the Yuen Long Theatre and Ngau Chi Wan Civic Centre this year. Due to the recent student suicides in our city, we wrote the play in the hope that youngsters could be encouraged not to define themselves merely with academic scores, and to foster them to embrace who they really are. To most of us, it is a treasurable and unforgettable experience. Hard work and determination motivated us to rehearse throughout the New Year holiday. Through sweat and tears came a proud, though by no means a perfect performance. While the prizes awarded means a lot to all of us, the friendships that bond us as a family and lifetime memories. We would like to send our sincere gratitude to all who supported us, including the audiences, teachers and fellow schoolmates, given that our show would not have been completed without the support of any single one of them.



Physical Education



Anson Lo On Hang (Primary School: Si Yuan School of the Precious Blood)

I have been in Ho Fung for six years. Within these six years, what impressed me the most is sports. When people talk about HoFungers, they would usually say they are good at sports and they get many prizes from different sports competitions, such as track and field events, ball games, and swimming competitions. Usually girls get better results than boys. But that doesn't mean that boys are weaker. As a member of Boys' Volleyball, Football and Handball Teams, I can feel everyone in the team has passion and talent. The Handball Team has only been set up for 1 to 2 years, every member learned our skills from scratch. Although we don't have much experience and time to have practice, we try our best to win every game. We may lose, but we gain precious memories. Also, there is no gender difference when students are playing ball games in the playground. Having ample opportunities to play various kinds of sports is what I am proud of Ho Fung.



Gary Wong Chun Fung (Primary School: Mary of Providence Primary School)

What had you done during the summer holiday? Play video games, have tutorial classes or take a trip? For me, I spent my holidays playing volleyball. It was a tired experience, but I do not regret.

I have joined the Volleyball Team since I was Form 2 and the upcoming school year will be my third year to be a volleyball player. Volleyball is a team game and it requires a high level of tactical agreement and cooperation. Thus, I met lots of new friends and they helped me a lot, not only with playing volleyball, also with learning, shaping my character etc. Without them, I would still be a quiet and shy person. Also, concomitant with long time training, I learn to be unrelenting and assiduous. 'No pain, no gain', there is no shortcut that leads to success. All successes require hard work.

Apart from meeting new friends and becoming confident, doing sports can also keep us fit. Clearly, doing sports is good for our mind and body. Get moving now!



Other Activities



S6 Speech Day



Lunar New Year Fair



Halloween Party



Jupas Talk



Singing Contest



Kyoto & Osaka Exchange Tour



Adventure Ship Training Program



Primary School Visit



Visit paid by Mr. Wong Kam Sing, Secretary of the Environment



Annual General Meeting