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HONG KONG SCHOOL CHAMPIONSHIPS 2016
YY3 CROWNED OVERALL CHAMPIONS IN BOTH BOYS' AND GIRLS' DIVISIONS

香港校際賽艇錦標賽2016
圓玄三中稱霸學界 囊括男女子組全場總冠軍

Hong Kong School Championships 2016, organized by Hong Kong China Rowing Association took place in Shing Mun River, Sha Tin, for two days from 12th to 13th November, 2016. More than 240 student athletes from 74 schools participated in the competition this year.

The rowing team from our school reaped a good medal harvest in various events after years of hard work, including the gold medals in Boys U14 Single Sculls, Double Sculls, Quadruple Sculls, Boys U16 Quadruple Sculls, Boys U19 Single Sculls, Girls U16 Quadruple Sculls, the silver medals in Girls U16 Single Sculls and Double Sculls, as well as the bronze medals in Boys U16 Double Sculls and Boys U19 Double Sculls.

Eventually, our school were crowned the overall champions in both the boys' and girls' divisions.

由中國香港賽艇協會主辦的「香港校際賽艇錦標賽2016」於本年十一月十二日及十三日，一連兩天假沙田城門河舉行。本年共有74所學校共派出超過240名健兒參與。

經過多年努力的磨練，本校賽艇隊今年大豐收，於多個項目獲獎，包括男子組(14歲或以下)單人雙槳艇冠軍、雙人雙槳艇冠軍、四人雙槳艇冠軍、男子組(16歲或以下)雙人雙槳艇季軍、四人雙槳艇冠軍、男子組(19歲或以下)單人雙槳艇冠軍、雙人雙槳艇季軍、女子組(16歲或以下)單人雙槳艇亞軍、雙人雙槳艇亞軍、四人雙槳艇冠軍。

最終，本校囊括男子組及女子組全場總冠軍，成績驕人！



With great teamwork, our rowing team was finally crowned the overall champions in the interschool competition after years of hard work! 三中賽艇隊上下一心，經過多年努力，終於稱霸學界！



Our athletes in Girls' U16 Quadruple Sculls were determined to win before the race. They finally took the gold medals home!
女子組(16歲或以下)四人雙槳艇四位健兒賽前精神抖擻，最後奪金而回！

6B Chan Chi Fung, Thomas, won a gold medal and a bronze medal in the Championships this year individually. 6B陳至鋒同學於本屆比賽個人奪一金一銅，成績驕人！



Our team members, led by Thomas Chan, a member of Hong Kong Junior Rowing Team who had won two gold medals in the Asian Junior Championships, had high team morale. In the Hong Kong Youth Representative Team and Asian Youth Sculls Gold Medal Competition, the team was led by Thomas Chan, who had more confidence!



Since the year before last year, the boys' team was glad to be crowned the overall champion for the second time. 男子組成員繼前年再奪全場總冠軍，自然喜上眉梢！



The girls' rowing team from our school was not outdone by the boys' team and was crowned the overall champion for the first time. 首奪女子組全場總冠軍，證明三中女健兒巾幗不讓鬚眉！



2A Lau Yun-Hong and 2D Yeung Tsz-Ho worked together with great teamwork and won the gold medals in Boys U14 Double Sculls. 2A劉潤康及2D楊禧豪合作無間，在男子組(14歲或以下)雙人雙槳艇賽事中摘元！

Excellent Results Covered by Various Media
優異成績獲多間傳媒報道

Apple Daily
(蘋果日報) 報道

【學界賽艇】陳至鋒領銜圓玄學院第三中學奪男子總冠軍

【體育專訊】2016香港校際賽艇錦標賽於今日(13日)圓滿結束，月12日及13日一連兩天假城門河舉行。



2A Tsang Kwun Ho won the gold medal in Boys' U14 Single Sculls. He would have a bright future as a rowing athlete in Hong Kong. 2A曾冠焜勇奪男子組(14歲或以下)單人雙槳艇冠軍，可謂香港賽艇的明日之星！



Our rowing team won the gold medals in Boys U14 Quadruple Sculls. Our school is committed to nurturing more outstanding athletes. 男子組(14歲或以下)四人雙槳艇奪金，足證本校人才輩出！

SPORTS LEGACY SCHEME GREAT ACCOMPLISHMENTS IN TRACK & FIELD

奧夢成真 田徑飛躍

Our School Won 5 Golds, 5 Silvers and 8 Bronzes in Sai Kung District Age Group Athletic Competitions

西貢區田徑分齡賽 本校勇奪五金五銀八銅

Since being admitted in Sports Legacy Scheme by Sports Federation & Olympic Committee of Hong Kong, China last year, our Athletics team has been receiving training about the related knowledge and skills conducted by Hong Kong athletes. Achievements have been made after a year of hard work.

In Sai Kung District Age Group Athletic Competitions organized by Leisure and Cultural Services Department on 13th November, 2016, our Athletics team won numerous awards including the gold medals in Boys' 4×100m Relay Group D, Girls' 4×400 Relay Group C and Group D, Boys' 200m and 1500m Group C, the silver medals in Boys' 4×400m Relay, 400m, Shot Put and Discus Group D, and Girls' 100m Hurdle Group C, and the bronze medals in Boys' 4×400m and 4×100m Relay Group C, Boys' Javelin, 800m, 5000m and Discus Group C, Girls' 400m and Shot Put Group C. It is such an encouraging result!

The Athletics team is determined to surpass last year's achievements in the coming Hong Kong Inter-school Athletic Competition!

自去年開始獲中國香港體育協會暨奧林匹克委員會批准參與「奧夢成真計劃」，其中田徑隊獲得香港代表隊成員到校訓練同學相關知識及技術，一年過去，漸見成績。

在二零一六年十一月十三日由康樂及文化事務署主辦的西貢區田徑分齡賽，本校田徑隊獲多個獎項，接力比賽方面：男子C組4×400米季軍、4×100米季軍、男子D組4×400米亞軍及4×100冠軍、女子C組4×400米冠軍、女子D組4×400米冠軍。個人項目方面：男子C組標槍季軍、800米季軍、200米冠軍、400米亞軍、1500米冠軍、5000米季軍、鉛球亞軍、鐵餅亞軍及季軍、女子C組100米跨欄亞軍、400米季軍及鉛球季軍，成績驕人！

田徑隊下個目標將劍指香港校際田徑比賽，期望再次突破去年成績！



Our school reaped a good medal harvest. Let's take a group photo to celebrate the victory!
比賽大豐收，老師及隊員齊齊來張大合照！



Our local and foreign students worked well together and won the gold medal in Boys' 4×100m Relay Group D!
本地及外籍學生一同合作，在男子4×100米接力D組奪冠而回！



The girls' team from our school won the gold medal in Girls' 4×100m Relay Group D.
女子4×400米接力D組的冠軍亦是由我學校的女子隊包辦。



Our students achieved good results in the field events as well. 5C Chong Ka Hei (first right) won two silver medals in Boys' Shot Put and Discus Group C!
田賽項目亦獲佳績，5C莊嘉禧同學(右二)在男子C組鉛球及鐵餅項目共奪得兩面銀牌！

Inter-School Cross Country Competition 2016 Our School Won the Group 1st Runner-up in Girls' A Grade and Group 2nd Runner-up in Boys' A Grade for First Time 校際越野比賽2016 本校首奪甲組女團亞軍及男團季軍



6C Chan Hoi Chun (third right) came the second runner-up in Boys' A Grade Individual.
6C陳凱俊(右三)奪男子組甲組個人季軍，可喜可賀！



Our student athletes coming the first runner-up in Girls' A Grade Group are excited to receive the award!
女子甲組賽團體亞軍，同學領獎時喜上眉梢！

On 16th November, 2016, our Athletics team participated in Inter-School Cross Country Competition 2016 organized by Hong Kong Schools Sports Federation and achieved good results. Our athletes came the seventh and the ninth in Girls' A Grade Individual, the eighth in Girls' B Grade Individual, the seventh in Boys' B Grade Individual and the second runner-up in Boys' A Grade Individual.

It is very encouraging that the school has nurtured more outstanding athletes under Sports Legacy Scheme and attained better achievements in group events. This year, our team came the first runner-up in Girls' A Grade Group and the second runner-up in Boys' A Grade Group for the first time.

二零一六年十一月十六日，本校田徑隊參加由香港學界體育聯會主辦的校際越野比賽2016，獲多個獎項，包括：女子組甲組個人第七名、第九名、女子組乙組個人第八名、男子組乙組個人第七名、男子組甲組個人季軍。

而最令人欣喜的是，在奧夢成真的配合下，本校田徑好手日增，技術躍進，本年更首奪甲組女子團體亞軍及男子團體季軍兩個大獎。



Our student athletes in Boys' A Grade tried their best and came the second runner-up in group eventually!
男子甲組隊員拼盡全力，最終奪得團體季軍！



Our team has gained more confidence for the upcoming competitions after making a big step forward in Inter-School Cross-Country Competition!
學界越野賽成績大躍進，為田徑隊未來的比賽打下強心針！

Home-School Cooperation The Establishment of the 18th PTA Committee

家校合作 家教會常務委員會成立

The 17th PTA Annual General Meeting was successfully held on 16th October, 2016. There are 9 candidates participating in the election this year. All of them were elected as the 18th PTA Committee Parent Members. Upon confirmation, the new committee has been established. After the AGM, the first committee meeting was held for inter-election of duties. The new PTA committee parent members and teacher members are as follows:

第十七屆家教會會員大會已於二零一六年十月十六日圓滿結束。本屆共有九位候選人參與競選，所有候選人均獲選為第十八屆「家長教師會」常務委員會家長委員。經會員大會確認後，新一屆委員會成立，各委員隨即舉行第一次會議，互選職位。新一屆家長教師會家長及教師委員名單如下：

18th PTA Committee Election Result 第十八屆家長教師會常務委員會選舉結果

Parent Members 家長委員		Teacher Members 教師委員	
Consultant 顧問：	Ms. Yeung Ling Yam 楊靈音女士	Consultant 顧問：	Principal Lee Sai Kee 李世基校長
Chairperson 主席：	Ms. Guan Xue Ting 關雪婷女士	Vice Chairperson 副主席：	Mr. Leung Kwin Wing 梁焯榮老師
Vice Chairperson 第一副主席：	Ms. Lee Lai Yee 李麗儀女士	Secretary 秘書：	Mr. Wong Kin Ho 黃建豪老師
Secretary 秘書：	Ms. Chan Wai Kuen 陳惠娟女士	Auditor 核數：	Mr. Chan Hiu Yeung 陳曉陽老師
Auditor 核數：	Ms. Lai Xiujiao 賴秀嬌女士	Publication 出版：	Mr. Lam Yuen Ming 林遠明老師
Publication 出版：	Ms. Cindy Tse 謝寶儀女士	Recreation and Welfare 康樂及福利：	Mr. Lai Chun Wing 賴俊榮副校長 Ms. Yiu So Mui 姚素梅老師
Recreation and Welfare 康樂及福利：	Mr. Mahmood Zahir Ms. Wong Siu Yuk 王小玉女士	Liaison and General Affairs 聯絡及總務：	Ms. Tse Yuk Lin 謝玉蓮老師 Mr. Leung Chi Lung 梁志龍老師
Liaison and General Affairs 聯絡及總務：	Mr. Buta Singh Ms. Huynh Le Dinh 黃麗婷女士		

Besides, the Parent Manager Election of the Incorporated Management Committee was also finished. Miss Guan Xue Ting was elected as the Parent Manager and Miss Lee Lai Yee was elected as the Alternate Parent Manager. In the future, the PTA will hold onto the principles to carry out the policies effectively, foster Parent-School communications and cooperation as well as improve the school facilities for the welfare of students. We hope that students will learn happily and grow healthily in an excellent learning environment.

此外，本年法團校董會家長校董選舉亦順利完成，關雪婷女士當選家長校董，而李麗儀女士當選替代家長校董。未來，本校家長教師會將秉承其宗旨，努力推廣會務，促進家校聯繫與合作，合力改善學校設施，為學生謀求福利，希望學生在優良的環境下愉快學習，健康成長。



The new PTA committee members take a group photo after the election.
新一屆家長教師會委員當選後來張大合照！



The former PTA Chairperson, Ms. Yeung Ling Yam reports in the meeting.
去屆家教會主席楊靈音女士作會務報告。



Parents actively participate in the AGM, support the PTA.
家長積極出席會員大會，支持家教會。

Alumni Association AGM Joyful Gathering of Teachers and Alumni 校友會周年會員大會 老師校友共歡聚

The Alumni Association Annual General Meeting and the Annual Dinner were held successfully at the school hall on 30th September, 2016. During the night, about 100 alumni and teachers enjoyed the dinner and participated in a series of fun activities. The elections of the new Alumni Association Executive Committee and School Manager (Alumni) have also been completed. The results of the election are as follows:

一年一度校友會周年會員大會暨周年聚餐於二零一六年九月三十日晚上於學校禮堂圓滿舉行。當晚約100位校友及老師一同享用自助晚餐，並進行一系列聯誼活動。席間進行新一屆校友會幹事會及校友校董選舉，結果如下：

The Result of School Manager (Alumni) Election 校友校董選舉結果

Name 姓名	Graduation Year and Class 畢業年份及班別	Position 職位
Mr. Lau Ka Lok 劉家樂先生	04-05 5B	School Manager (Alumni) 校友校董



The Alumni Association Ex-co Members take a group photo with the Principal.
新一屆校友會幹事與校長合照。



Alumni actively cast the vote, participate in the Alumni Affairs.
校友積極投票，參與會務。



Teachers and Alumni enjoy the buffet!
老師及校友一同享用自助餐！



The former President, Mr. Lau Ka Lok reports in the meeting.
去屆會長劉家樂先生作會務報告。

The Result of Alumni Association Executive Committee Election 校友會幹事會選舉結果

Name 姓名	Graduation Year and Class 畢業年份及班別	Position 職位
Ms. Li Ka Yan 李嘉欣小姐	08-09 7S	President 會長
Ms. Lee Choi Yung 李采蓉小姐	11-12 6E	Vice-president 副會長
Ms. Siu Ho Yi 蕭可兒小姐	09-10 7A	General Secretary 秘書
Mr. Yeung Ka Leung 楊家亮先生	05-06 7S	Treasurer 司庫
Mr. Leung Kai Pong 梁啟邦先生	05-06 7S	Publication Secretary 出版
Mr. Yiu Kit Yin 姚杰賢先生	11-12 6B	Recreation Secretary 康樂
Mr. Man Tsz Fung 文子鋒先生	11-12 6E	Recreation Secretary 康樂
Mr. Sen Ka Ming 慎嘉明先生	04-05 7S	Welfare Secretary 福利
Ms. Wong Yi Ting 黃伊婷小姐	09-10 7A	Welfare Secretary 福利
Mr. Tsang Hiu Fung 曾曉峰先生	10-11 7A	Liaison Secretary 聯絡
Mr. Tam Tsz Chun 譚子俊先生	11-12 7S	Liaison Secretary 聯絡
Mr. Luk Chi Tat 陸志達先生	07-08 7A	General Affairs Secretary 總務
Ms. Poon Suet Ki 潘雪琪小姐	08-09 7S	General Affairs Secretary 總務

EXCHANGE VISITS AND EXPERIENTIAL LEARNING

考察交流樂滿載 體驗學習確精彩

Study Tour to Universities in Taiwan - Fall 2016 台灣大學考察團2016——秋季篇

The Careers Department organized a Study Tour to Universities in Taiwan (Fall 2016) from 15th to 18th November, 2016. The Principal led 3 teachers and 29 students to visit Feng Chia University, Da-Yeh University and I-Shou University. The students learned more about the programmes, admission requirements, facilities, tuition fees etc. at various universities in Taiwan on this tour. Sharing sessions were also conducted by our graduates studying in Taiwan so that our students could explore how to pursue higher education in Taiwan.

Moreover, our students also visited famous attractions, such as Sun Moon Lake, National Science and Technology Museum, and Liouhe Night Market, to enrich their understanding of the lifestyles and culture in Taiwan.

二零一六年十一月十五日至十八日，升學及就業輔導組舉辦「台灣大學考察團2016——秋季篇」，校長親領二十九位學生及三位老師，參訪台灣逢甲大學、大葉大學及義守大學，認識不同大學特色課程和學系、收生準則、設施、學費等，並邀請本校赴台學兄學姐進行分享，從而探索負笈台灣升學之路。

此外，同學也遊覽了日月潭、國立科學工藝博物館、六合夜市等著名景點，進一步了解台灣的生活及文化情況。



The Principal, teachers and students take a nice photo in the campus of Feng Chia University!
校長及師生一同在逢甲大學的校舍拍照留念!



Our students listen attentively to the sharing by our graduates about their studies in Taiwan during the visit to Da-Yeh University.
參訪大葉大學時，同學留心聆聽本校赴台學兄學姐分享在台學習情況。



The students visit the TV Studio of I-Shou University, a university renowned for their emphasis on situational approach in teaching and learning.
同學參觀重視情境教學的義守大學的電視節目錄影課室。

Upcoming Study Tour 交流團預告

Date 日期	Name of Tour 交流團名稱
10 th - 14 th December, 2016 2016年12月10日至14日	Historical and Cultural Exchange Tour to Xi'an 西安歷史文化交流團
11 th - 15 th December, 2016 2016年12月11日至15日	Commemoration of the 150th Anniversary of Dr. SUN Yat-sen's Birthday cum Zhongshan National Defense Education Experience Camp 紀念孫中山先生誕辰150周年暨中山國防教育體驗營
21 st - 27 th December, 2016 2016年12月21日至27日	Suzhou-Hong Kong Youth Exchange Tour 「心手相連 青春有約」蘇港青年學生交流活動考察團
15 th - 19 th April, 2017 2017年4月15日至19日	The Anti-Japanese War History: 5-day Historical and Cultural Tour of Nanjing, Liaoning and Heilongjiang 「重踏抗日歷史足印」南京、遼寧、黑龍江五天歷史文化考察之旅
18 th - 23 rd July, 2017 2017年7月18日至23日	Exploring the Life in the Grassland in Inner Mongolia: A Journey of Ethnic Harmony 內蒙草原生活探索——民族共融之旅

Student Reflection 學生感想

This study tour opened up to me more options as to where I can pursue higher education as I learned the strengths of three different universities in Taiwan in one tour. I have also learned more about Taiwanese culture and broadened my horizons.



5D Ko Ming Chung
高銘聰

這次台灣考察團讓我有機會一次過了解台灣三所大學的優點，增加我未來升學的選擇。另外我亦更了解台灣的風土人情，擴闊視野。

Arts and Sports Exchange Tour to our Sister School Guangzhou Huadu District Yuen Yuen Secondary School 圓玄姊妹中學廣州花都體藝文化交流團

Our school organized the Arts and Sports Exchange Tour with our sister schools, sponsored by the Education Bureau under the "Pilot Scheme on Promoting Interflows between Sister Schools in Hong Kong and the Mainland". On 24th to 26th November, 2016, twenty students from our school, along with eighty students from 4 other schools, had gathered in our sister school, Guangzhou Huadu District Yuen Yuen Secondary School, for exchange in arts and sports. As to sports, our football team was glad to secure the first runner-up position in the friendly match. Regarding arts, our students experienced traditional Chinese clay sculpting. What a fascinating exposure for us!

Furthermore, our students toured the sister school's campus and the Yuen Yuen Taoist Temple of Guangdong. They learned more about Chinese culture and fostered a strong bond with the teachers and students from our sister schools.

二零一六年十一月二十四日至二十六日，本校舉辦由教育局「促進香港與內地姊妹學校交流試辦計劃」資助的姊妹中學體藝文化交流團。本校二十位同學與其餘四所學校八十位學生齊集廣州市花都區圓玄中學進行體育及藝術交流。在體育交流方面，本校足球隊於友誼比賽喜獲亞軍。而在藝術交流方面，同學學習了中國傳統灰塑製作，大開眼界！

此外，同學更參觀了校園及廣東圓玄道觀，了解中國文化並建立姊妹中學間師生的情誼。



Let's take a group photo before the final friendly football match!
足球友誼賽決賽前，齊齊來張大合照!



Our students enjoy themselves greatly when experiencing traditional Chinese clay sculpting.
同學非常投入學習灰塑製作。



The teachers and students from the sister schools visit the Yuen Yuen Taoist Temple of Guangdong together.
姊妹學校師生一同參觀廣東圓玄道觀。