

沙呂家書



二零二五年十月號
浸信會沙田圍
呂明才小學
BSTWLMC

一切從健康開始

各位親愛的家長和同學們：

常言道「健康是無價之寶。」但往往當身體不適時才深有體會，明白健康至關重要的道理。因此，看到孩子們在校園裡充滿活力，我由衷感恩，並深信「教育的根，永遠是健康」。

隨著電子產品普及，孩子們使用螢幕的時間增長，戶外活動和親子交流機會減少；社會節奏加快，孩子們面對的學業壓力也日益增加。因此，「身心靈健康」不僅是口號，更是我們引導孩子成長的核心，也是本校始終堅持的方向。

首先，「身體」健康方面，我們不僅在體育課上提倡運動，更將其融入日常生活。每日小息，操場便成為孩子們的樂園，他們跳繩、攀石、呼拉圈和打籃球，更有學生擔任「運動先鋒」帶領同學一同玩耍，老師們也積極參與。這三十分鐘的「動感小息」及與師生共做的形體操，使運動成為每日的習慣。此外，我們提供六十多種課後活動，如游泳隊、才藝活動等，總能讓孩子找到喜愛的運動方式。透過持續的努力，本校校隊屢獲佳績，孩子們也因擁有健康的體魄，更有自信地面對挑戰。



其次，「心理」健康方面，我們致力於推展「正向教育」，培養孩子們的的心理韌性與幸福感。開學初，老師會透過「陽光電話」了解學生適應情況，並著重發掘他們的性格強項。學校特設每周一早上

「Morning Meeting」不僅讓孩子們一同設計班徽、進行破冰遊戲，更透過感恩練習、互相分享和小遊戲等活動，引導孩子們認識自身的價值與潛能，學習欣賞自己及他人。去年，我們減少了測驗次數，旨在減輕孩子們的學業壓力，讓他們有更多時間培養興趣、發展潛能，並與家人共度時光、與朋友玩樂。透過正向心理學的實踐，我們鼓勵孩子們關注生活中的美好事物，培養積極樂觀的心態。有家長分享，孩子放學後會

主動分享：「今天課堂內跳繩贏了！而且我還幫了新同學！」，這份自信與助人的喜悅跟考試分數同等重要。

在心靈成長方面，我們透過全面的基督教課程，幫助孩子們建立穩固的信仰根基，並以聖經的教導來牧養他們的內心。老師會帶領孩子們討論如「比賽失敗時如何應對」這類主題，幫助孩子們明白天父的旨意，學會從失敗中找到祂的恩典，並看到自己的成長與進步。我們相信，失敗並不可怕，因為天父會在我們跌倒時扶持我們，讓我們變得更堅強。

孩子的健康成長需要家校攜手努力，如同鳥之雙翼，缺一不可。學校提倡健康飲食，家長在家中可減少購買零食，配合學校的健康飲食政策；老師若發現孩子在校情緒需要或遇到困難，會及時與家長溝通，共同協助孩子度過難關。家長們可於每日抽出十分鐘，放下手機，傾聽孩子分享「今天課堂內玩了什麼？學到了什麼？做了哪些好事？」，這便是建立良好溝通的起點。

去年本校榮獲「AIA健康校園挑戰賽」香港小學組冠軍，這不僅是對本校努力的肯定，更代表沙呂小各持份者對「一切從健康開始」理念的認同。未來，我們將繼續努力，為孩子們編織一張更完善的健康保護網，因為我們深信，唯有身心靈健康的孩童，才能在快速變遷的時代中，自信地邁向未來。



浸信會沙田圍呂明才小學
尹紹光校長
2025年10月3日

AI Bobby與我們一同開學



在9月1日的開學禮上，一次特別的驚喜！一位「神秘嘉賓」——AI機械人Bobby驚喜現身，點亮了禮堂。Bobby不僅展示了多種動作，還與學生進行互動對話，讓孩子們親身體驗人工智能的魅力，並激發他們對科技的興趣。Bobby在校園裡四處走訪，與學生們合影留念，瞬間成為了校園的焦點，拉近了學生與AI的距離。

學校更特別安排了小六學生專場，讓Bobby與學生進行英語問答互動，訓練他們的即時反應與溝通能力。校長也與Bobby進行了一場有趣的中英雙語對話，讓孩子們輕鬆地理解AI在教育上的實用性。

這場活動不僅是一場驚喜，更是學習的起點。我們為學生安排了延伸任務，鼓勵他們以「知、情、行」的方式記錄當天觀察到的感受，並發揮創意設計屬於自己的「未來機械人」。這不僅將科技教育與語文、資訊科技及價值觀教育緊密結合，更培養了學生的明辨思維與創新能力。



新學年改善工程

本校為提供更優質的學習與教學環境，於暑假期間在校園進行了一系列重要的改善工程。這些工程旨在提升校舍的設施，確保校園環境的安全、舒適與現代化。

油漆工程(圖①)

分別展開校舍外牆及樓層油漆工程。工程包括安裝吊船、清洗舊外牆、修補牆身，以及塗刷防水底漆和面漆。

提升一樓電力裝置工程(圖②)

重鋪電線以改善電力供應穩定性，支援現代電子設備需求；提升用電安全；整體提升校舍基礎設施品質。

翻新一樓洗手間(圖③和圖④)

提升了清潔衛生、增強通風、改善設施功能及安全性，營造舒適明亮的如廁環境，提升師生使用體驗和校園整體形象。

拓展學習空間(圖⑤和圖⑥)

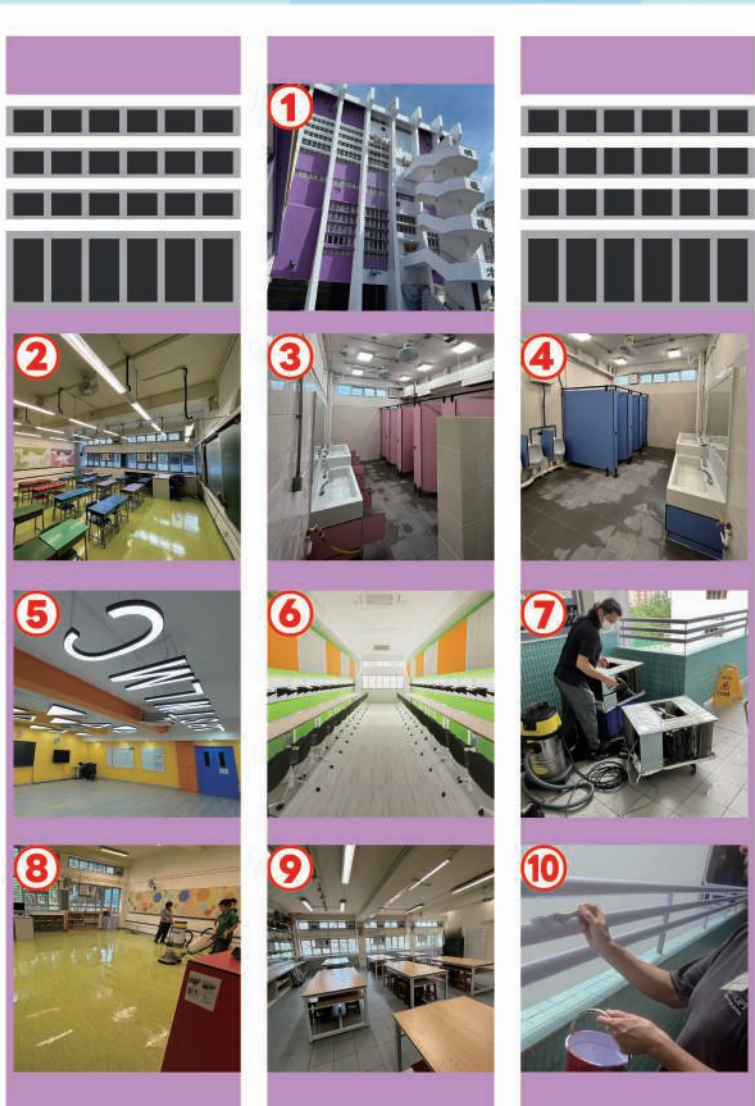
建設全新的電腦室和探究學習室，為學生搭建跨學科合作與創意實驗的空間，拓展學習的視野。

全校大清潔(圖⑦和圖⑧)

為迎接新學年，全校課室進行徹底的大清潔：(一)全面冷氣抽氣扇系統清洗，有效提升空氣質素和機件運作更具效率。(二)課室清潔及地板打蠟，令校園環境潔淨且美觀。

其他優化工程(圖⑨和圖⑩)

更換視藝室學生桌子及洗手盆設備、一樓課室木門、學校扶手翻新等，增進校園整體的美觀及耐用性。



暑期活動回顧

本年度暑假期間學校舉辦了十多項不同種類的興趣班供同學參加，包括舞蹈班、足球班、花式跳繩班、體操班、樂器班、奧數班及升中面試班等，讓學生可善用餘暇，豐富假期生活。此外，還設有準小一書法班、樂器體驗班及舞蹈班，讓準小一同學盡早適應及融入校園生活。



準小一書法班



準小一樂器體驗班

女排賽事回顧

本校女子排球隊在暑假中，分別參加了兩項賽事，「香港U12青少年排球錦標賽」和「德望邀請賽」。

本校女排出戰由中國香港排球總會舉辦，「香港U12青少年排球錦標賽」，四強順利以2:0勝HKPVI中西區，及後決賽雖以1:2不敵同區保良局王賜豪（田心谷）小學，但喜見一班四五年級隊員越戰越勇，奪得比賽亞軍外亦獲得寶貴比賽經驗。

在「德望邀請賽」中，四強遇上全港亞軍代表學校元朗惠洲，在身形輸蝕下，開局有驚喜表現，憑着強勁發球大部份時間領先，可惜最後在決勝分24:25 1分之差飲恨，局數以0:2落敗。

及後遇上兩個月前全港賽季軍戰的九龍塘宣道小學，雙方在陣容不完整下，沙呂小最終以2:0勝出季軍戰，奪得賽事季軍！4D王琛係更奪得個人獎項「最佳進攻」。



小一新生適應日

小一適應日於8月27日及8月28日在溫馨歡樂的氛圍中圓滿舉行。

這一天，校園裡處處洋溢著新生的笑語，小一同學們在老師親切的引導下，逐步認識校園生活的點滴 – 從清晨的早讀時光、靜心禱告的片刻，到課堂上各種有趣的學習指令，每一個環節都讓孩子們眼中閃爍著好奇與期待。



特別令人感動的是「動感小息」時段。本校四至六年級的領袖生們，以學兄學姊的身分，耐心陪伴小一新生參與各項遊戲活動。他們不僅教導學弟妹如何有序集隊，更在互動中自然而然地

遞著關懷與溫暖。看著孩子們攜手同樂的畫面，彷彿看見了一個溫馨的大家庭正在茁壯成長。

與此同時，家長工作坊也同步舉行。五個精心設計的環節，從學校發展藍圖到課程特色，從正向教育理念到多元聯課活動，讓家長們深入瞭解孩子未來六年的成長旅程。有家長在校園導覽時感動地表示：「能在這樣充滿愛的環境中學習，我們真的很放心。」這份信任，正是家校攜手合作最美好的開端。

這次活動不僅讓小一新生順利踏出學習旅程的第一步，更在每個參與者心中播下了溫暖的種子。我們相信，在這充滿愛與支持的環境中，每個孩子都將綻放出獨特的光彩。



本校足球隊學生於2025年7月30日下午獲邀出席「AIA One Billion Week x Tottenham Hotspur: Community Celebration」活動，與英超熱刺四位球星近距離接觸交流，展開一段難忘的體育體驗之旅。

當日出席的四位球星包括：占士·麥迪臣（James Maddison）、雲達芬（Micky van de Ven）、古里莫·維卡里奧（Guglielmo Vicario）及貝華利（Lucas Bergvall）。他們親身參與多項互動環節，包括「One Touch Challenge」踢球得分挑戰及反應拍燈遊戲，與本地學生同場競技，引發陣陣歡呼，現場氣氛熱烈。

大會特別安排本校兩位學生代表與雲達芬和貝華利同乘摩課輪纜車，一邊飽覽維港美景，一邊向國際球星介紹香港地標特色，展現自信與表達能力，深獲讚賞。

此外，活動亦設有「小记者」提問環節，讓學生有機會向偶像發問。球星們以親切幽默的態度回應問題，當中占士·麥迪臣更稱讚本校學生的提問「非常好」，拉近了彼此間的距離。

是次活動不僅讓學生體驗與國際球星交流的難得機會，更啟發他們對運動、健康生活及國際視野的關注。本校衷心感謝主辦方提供這次寶貴機會，讓學生們擴闊視野，創造難忘回憶。



澳洲文化生態體驗交流團

今個暑假(18/7-1/8/2025)由丁昊老師、張宙嵐老師和甘穎霖老師，帶領「澳洲文化生態體驗交流團」的，共有27位五至六年級同學到Mudgeeraba Creek State School進行十五天的學習，通過與當地學生的互動，提升英語能力，並了解當地的教學方法和學習環境。之後交流團到了Griffith University參觀和遊覽，了解其歷史，沉浸體驗大學的學術氛圍。還遊歷了Currumbin Wildlife Sanctuary & Paradise Country，近距離觀察澳洲特有動物，學習生態保護知識。也到了SeaWorld深入了解海洋生物及其生態系統，增強環境保護意識。此次交流活動不僅拓寬學生視野，他們還參觀了博物館、原住民音樂和舞蹈表演，加深對澳洲文化的理解。旅程當中，培養了學生自理和獨立生活的技能，對未來的學習和生活帶來正面影響。



學生心聲

6D(24-25) Chan Pak Ching, Jake

A Stunning Night of Stargazing

Last night, we went to Beechmont. It was very dark in the park. When we got off the coach, the Milky Way hung up high in the sky. We went stargazing with Mr. Brian, Mr. McDonald, and Mrs. McDonald. We lay down on a mat and gazed at the stars. They taught us how to identify the astrological signs and showed us some stars and planets.

The easiest astrological sign to identify is the Scorpio, which is made up of sixteen stars. Alpha Scorpio is the brightest star in Scorpio and is known as the heart of the scorpion. Besides Scorpio, we also saw the Crux. The Crux is an astrological sign that can only be seen in the southern hemisphere. When we looked up at the sky, we could see two very bright stars called Alpha and Beta Centauri. We also spotted the Crux under Beta Centauri.

We learned that if we extend our field of vision four times from the direction of Acrux, we can find the South Celestial Pole. Mr. McDonald explained how to use the Crux to locate Centaurus as well. At last, I used the S30 device to take photos of Messier 6, the Butterfly Cluster. Although the exposure only lasted for two minutes, the picture still showed the cluster clearly.

It was a special opportunity to stargaze in the southern hemisphere. I hope I can return to Australia to watch the total eclipse in 2028!



6B Chan Chun Ho, Aidan

A Fun Day at Currumbin Wildlife Sanctuary

On Sunday, we went to Currumbin Wildlife Sanctuary to see the animals. These animals were cute and wonderful, and I loved them very much.

First, our teacher took us to see the kangaroos and koalas. They are Australia's famous animals, so I took a lot of photos of them. It was wonderful! After that, we split into six groups. Our team first visited the emus. Like kangaroos, they can't walk backwards, which is why they are part of Australia's coat of arms.

Then, we went to the reptile room, where there were a lot of bats, snakes (which are my mom's biggest fear), and some spiders. It was dark, so I felt a bit scared, but it was still fascinating. After that, we walked from one side of the Currumbin Sanctuary to the other side, which was a long distance. I felt tired, but the animals were very cute. We saw capybaras; they were so lazy that they slept all day. It was a bit embarrassing, but also interesting!

At last, we watched an Aboriginal dance performance. They had dances for hunting, fishing, and more. The dances were funny but also important. We had a wonderful day there!



6C Tam Yu Yui, Liam

Exploring Australia: A Ginger Experience

These past few days in Australia have been truly unforgettable. I started my day exploring a bustling Saturday market, where vibrant stalls were filled with fresh produce, handcrafted goods, and delicious street food. The crowded atmosphere was alive with the sounds of vendors calling out, people chatting, and musicians playing lively tunes. I enjoyed looking at the delicious fruits and chatting with local citizens, gaining a deeper appreciation for the community's creativity and culture. I also picked up some souvenirs, including a cute koala keychain, a kangaroo keychain, a detailed hummingbird model, and a mug with a colourful parrot picture.

Later, I visited a ginger factory, which offered a fascinating glimpse into the production process of one of Australia's most popular ingredients. I learned how fresh ginger is harvested, processed, and packaged for sale both locally and internationally from a nice and kind guide named Erin. I even bought some ginger products from the factory to take home, which I look forward to trying. Although I didn't get the chance to taste the ginger there, purchasing my own ginger products was a great way to remember this truly amazing experience.

Overall, my time at the market and the ginger factory provided a perfect blend of culture and learning. It was inspiring to see local craftsmanship and Australian history. These few days in Australia left me with lasting memories of the country's rich culture and friendly community.



6E Chan Tsz Yu, Eunice

A Day of Fun at the Sports Carnival

The sports carnival was spectacular! Our deputy principal, Mrs. Dekker, wanted us to experience the whole Aussie lifestyle, so she let us join the junior sports carnival.

The day started with us being split into four teams: red, yellow, green, and lastly, my team, blue, called Birrigin. Then they announced our competition sequence based on who won last time: 3rd was yellow, 2nd was green, and we, Birrigin, came in 1st place. Our team screamed so loud that I literally thought there were roaring lions next to me. They then started doing cheering slogans, and each team got more and more excited.

After all this chaos, we began the events that didn't even count for the juniors, but we still competed in teams to try to earn the most points. The events were sprinting, high jump, long jump, and last but not least, tug of war.

There were many events at the carnival, and I would like to introduce one of them to you, which is my favourite and the one that I won: sprinting. We started by forming teams and wearing coloured clothes; I wore blue. Then we came out one by one, racing together as friends and not opponents, just having tons of fun.

Ready, set, go! And off we went, like darts reaching the dartboard. In the end, I got second place, but I was proud of myself since I competed against really fast people.



Thrills and Memories at SeaWorld



I went to the SeaWorld theme park. The theme park is a gigantic water paradise for adults, children, and even marine animals! I got up at 8:12, packed some tissues and water into my bag, and waited for the morning call. After answering the morning call, I brushed my hair and got dressed for SeaWorld. The breakfast was simple yet satisfying. The trip to SeaWorld was not too long, and I chatted with my friends and slept a little on the way.

After arriving at SeaWorld, I sat down alongside my friends and tour mates at a table while the teacher briefed us on today's shows and activities.

Although a little accident happened while waiting for the tickets, the whole day was overall a fun and enjoyable experience. First, my group mates—Jacob, Hailey, Scarlett, and Gladys—and I decided to go to a little court where food and souvenirs were sold. There were also some game booths around. Scarlett saw the roller coaster 'Storm Coaster' and really wanted to ride it. Since some of our group mates were scared, Jacob, Scarlett, and I went on the roller coaster while the others shopped around for a little while.

Apart from the fact that I got wet on the roller coaster, it was both exciting and satisfying. After the coaster, we met up with the others and looked around in the souvenir shop for a while. In the shop, there were many stuffed animals and little models of marine animals. We also saw some of our tour mates—Horace, Jerry, Jake, and Liam—so we decided to walk around the park with them.

After a little walking, we played on the coffee cups for a while because the line was really short. I was in the cup with Horace, Jacob, and Scarlett. Jacob and Horace spun the wheel so quickly that even when the spinning time was over, our cup was still spinning. When I got off the cup, I could not stand properly and bumped into Scarlett.

After walking for a little while, we saw a short but fast roller coaster, 'Jet Rescue,' and the six of us waited in line for it. The ride was terrific yet super terrifying, as it was so fast that our eyes would probably dry out if we opened them the whole time.

I bought a polar bear in the souvenir shop, and I even bought a tiny shirt for it! If I could rate today from one to ten, I would rate it an eleven!

領袖生立願禮



風紀

9月10日舉行「領袖生立願禮」，風紀、圖書館管理員、環保領袖生及資訊科技領袖生在全體師生見證下，配戴象徵着領袖生身份的崗帶，堅定地讀出誓詞，立誓成為領袖生。承諾盡忠職守，為校服務，成為同學的良好榜樣。



圖書館管理員



資訊科技領袖生

校長最後勉勵眾領袖生及同學實踐學校新的三年發展方向：領導自我，發揮潛能。



環保領袖生

✧ 新老師介紹 ✧



陳言諾老師

大家好，我是陳言諾老師，我非常榮幸和感恩能夠加入沙呂小這個溫暖的大家庭，其實我早於小時候，已經跟沙呂小結下不解之緣，因為我是沙呂小的舊生，亦是學校花式跳繩隊的教練，直到現在我成為了任教英文、體育和聖經科的老師，能夠薪火相傳、教導師弟师妹是天父奇妙的恩典。感謝主讓我再次回到健康快樂的校園，可以陪伴和見證每一個美麗生命的成長！願我可以靠著耶穌的愛，與小朋友在這個精彩的世界同行，發掘更多祝福。



翁筠瑜老師

大家好，我是2A班班主任翁筠瑜老師，很高興可以加入沙呂小這個充滿笑聲與溫度的大家庭！我平時喜歡閱讀、觀察生活中的美好。我任教中文及人文科，接下來，我會帶大家一起探索中國語文科的魅力、人文科的趣味，期待這學年與你們共同創造回憶！



楊樂琳老師

各位沙呂小的同學和家長，您們好！我是2C班班主任楊樂琳老師，主要教授數學、科學和正向科。非常開心能加入沙呂小這個大家庭！我熱愛透過旅行挑戰新事物，親身探索世界之大，這讓我學會珍惜現在擁有的一切機會，並常懷感恩之心。我期望學生們能成為勇敢獨立的人，願意嘗試挑戰。表現好壞並非一切，願意踏出第一步已是成功的開始。成績固然重要，但懂得感恩與擁有良好品格更是成長的關鍵。期待與大家共創難忘的學習旅程！



劉樂庭老師

大家好，我是劉樂庭老師，非常開心能加入沙呂小這個大家庭！我擔任3E班的班主任，主要教授音樂、數學和正向科。對我來說，音樂不只是藝術，更是溝通情感和創造力的方式，數學則是開啟邏輯思維和解決問題的工具。我希望在課堂上能創造一個互動和愉快的學習環境，讓每位學生都能發揮潛力。期待與大家一起學習和成長，讓我們一起迎接這個新學年！



何禹潤老師

同學們你們好啊！我是你們的普通話學科何老師，很高興在這個學年能有機會和大家一起學習。

學會一種語言就像打開一扇窗。學習普通話，不是取代粵語，而是為我們本就精彩的世界，再打開一扇面向未來的嶄新窗口。

普通話是中國大陸官方語言，同時是全球使用最廣的語言之一（超過10億人口使用），無論旅遊、留學或社交，都可以打破溝通隔閡，結識更多朋友。同時，掌握普通話可深入參與國家發展，對接大灣區建設。

香港作為國際都市，多語言能力是優勢。粵語、普通話和英文的組合，可讓你在本地、中國內地及國際舞臺中脫穎而出。

同學們讓我們行動起來吧！如何學習好普通話呢？何老師給大家一些建議。比如利用好學校普通話的電子書，以及優質的語言App工具，大家可以在課余時間練習聽說。亦可以利用好學校的資源，比如多多參與學校的普通話學科活動，認真參與內地交流遊學活動。最重要的是打破心裏障礙，多多嘗試，不怕犯錯，敢於挑戰自我。

加油同學們！讓更多的光照進來，看到更遠的風景。這，就是學習語言的魅力。



陳愷晴老師

Hello everyone, I am Miss Chan Hoi Ching. I have lived in Shatin for more than 15 years now, so I have known about Baptist (Sha Tin Wai) Lui Ming Choi Primary School for a while. I am honoured to be part of this warm family! I am the Class Teacher of 3A this year, and I will be teaching English and Humanities in Primary 2 and 3, as well as a few school teams like the Choral Speaking Team and the Public Speaking and Debate Team. I hope that apart from teaching knowledge, I can teach students to be moral, resourceful and respectful. See you around at school and feel free to say 'hello' to me!



Mr. Sajid Khan

Hello everyone!

You may already know me by now, and if not, you can just call me Mr. Khan. I am the new NET teacher for this school year, and I am excited to work with the other English teachers to facilitate our students' English language proficiency. I have been a NET teacher for the past year, and this is my second school.

I am generally an active person who enjoys working out and playing sports. I was part of my school cricket team back in secondary school. I believe that all students should participate in a sport, as it can foster personal development and enhance communication among them, which can also help with English language acquisition.

I am also an avid motorcyclist and car enthusiast, so I usually go on long drives during the weekends with my peers. I find it thrilling, and I enjoy admiring the spectacular infrastructure that Hong Kong has to offer.

I hope to get along well with the teachers and students in this school, as we are all on the same boat with one mission: to improve ourselves in all aspects of life. I look forward to getting to know our students better and building strong relationships with all of you, creating a harmonious and fruitful school life ahead.

Cheers,
Mr. Khan

代禱事項：

為教師禱告：祈求新學年有新開始，各人都有敏銳的觀察力了解學生的需要。

為學生禱告：祈求學生懂得自律，對學習也充滿熱情，發揮沙呂小精神，領導自我。

為一年級及六年級學生禱告：求主帶領他們的適應，投入校園生活。求主預備六年級同學升中前路，為他們預備合適的中學。

為家長禱告：在子女學業、家庭及事業上，求主加力量，讓家長們妥善兼顧。

10-11月大型活動預告

23/10 周年水運會

15/11 小六升中模擬面試

15/11 浸聯會步行籌款同樂日

21/11 家長教育證書課程(一)

22/11 親子繪畫壁畫

29/11 家長日

