

G.T. Newsletter

G.T. (Ellen Yeung) College - Secondary Section

ISSUE 5 May 2025

Principal's Talk



Dr. Raymond TAM
Principal

It is nearing the end of the third term and I am delighted to share that our students have demonstrated remarkable dedication and resilience. Their commitment to achieve both academically and personally is truly commendable. It's inspiring to see them actively engage in their studies and extracurricular activities.

This term has been filled with exciting events that have uplifted the spirit of community and collaboration. Apart from participating in the Beijing Historical Study Tour and exploring local rich cultural heritage on the Geography Field Trip to Tung Ping Chau, our students also took part in the Flag Selling with great enthusiasm! These fun, interactive learning experiences not only deepened their understanding of the environment but also expanded on their current insights.

The 1st Parents Course invited families and staff to gather and discuss some concerns and issues at hand, whilst fostering a strong bond. Similarly, the introduction of Gratitude Education for GT encourages learners to appreciate their achievements, foster empathy, and to create and maintain healthy relationships with their peers and families.

We appreciate the dedication of both our staff and families towards the students' success. As we step forwards, we hope to continue inspiring and creating even more opportunities for the students to thrive.

Pioneering Value Education in HK: "Gratitude Education for GT"

The school recently launched a value education program entitled "Gratitude Education for GT," aiming at enhancing reflective competence among students from grades 7 to 11. Running from April 9 to May 29, 2025, the program focused on cultivating a mindset of gratitude towards various aspects of life, including self, peers, teachers, parents, and the wider community, such as their city and country.

Throughout the program, class teachers helped students engage in a series of sharing circles with classmates, discussions in groups, card writing for parents, and reflective exercises designed to encourage them to appreciate the positive influences in their lives. By practicing at least nine rounds of gratitude, students learnt to recognize and acknowledge the support and contributions of those around them, fostering a sense of joy, appreciation and growth mindset.

The initiative endeavoured to empower students to reflect on their experiences and emotions, helping them develop resilience and a positive outlook. By incorporating gratitude into their daily lives, participants can enhance their interpersonal relationships, overall well-being, and achievements in life. The program not only sought to improve individual reflective skills but also intended to create a more compassionate and appreciative school environment where gratitude is valued and shared among all members of the community.

Dr. Clara Cheng
Department Head of
Research & Training



Professor Rex Li



Principal Dr. Raymond Tam

New Teachers Training

2024-25

G.T. C



Professor Rex Li kicking off the first session of the New Teachers Training (2025)



Dr. Clara Cheng sharing her “Mine of Thoughts” about the importance of teachers’ professional development in the school they are serving



5 March 2025

New Teacher Training 2025 Evaluation Form

未启用

Background information

All information collected is only for the purpose of research and will be kept confidential.

1. You are from *

☐ Primary section

☐ Secondary section

2. Gender *

☐ Male

☐ Female



Teachers taking a group photo at the beginning of the first session

New Teachers Training



Mr. Richard Yiu asking teachers about their “Reasons for Being a Teacher”

Over the course of four teacher training sessions held every month starting from March 2025, a total of 63 colleagues from both primary and secondary sections of G.T. College engaged in a comprehensive professional development journey.

The series began with a revisit to the G.T. vision, mission, and rich history, developing a shared understanding of our foundational values and the legacy we uphold. Building on this foundation, all the sessions highlighted our signature practices, emphasizing innovative pedagogies and approaches that define our institution’s unique educational character.

In the first lesson, Professor Li, Mr. Richard Yiu, and Dr. Clara Cheng shared their own convictions and trajectories leading, guiding, and supporting the teacher development at GT.

Professor Rex Li on “The History, Vision, and Mission of GT” and “Future Education”
Mr. Richard Yiu on “Why do you want to become a teacher?”
Dr. Clara Cheng on “GT as a Mine for Learning, Learners, & the Learned”

Dr. Clara Cheng
Research & Training



Ms. Wincy Wong
Assistant Principal (Primary Section)



9 April 2025



7 May 2025





Pilot Research at GT



With a User's Guide for the "Gratitude Education for GT," the whole school is gearing up to improve their reflective competence for growth and excellence

Gratitude Education for GT (April-May, 2025)

A. Objectives

Gratitude research in education is to support students in developing a positive and stronger mindset for better achievement and joy in the technologically advanced world. The pilot gratitude research was conducted during September to November 2024. About 110 responses were collected for analysis.

The pilot study of gratitude research provided an intervention strategy for the value education for some G7-8 and G10-11 students at G.T. College. The findings are as follows:

- Some students reflected their interest in learning more about gratitude as a concept and benefits or impact on their lives;
 - Some students admitted their lack of gratitude practice both at school and at home;
 - Some students expressed their doubt about the impacts of gratitude on their lives despite the cases or experience shared by celebrities or peers; and
- More insight and reference are needed for gratitude education, locally and globally.

Gratitude Education: Work Schedule

Lesson	School Week / Every Thur	Activity [Focus]
1	Wk 4 (3/4)	Pre-Gratitude Learning Questionnaire [From oneself, family, school]
2	Wk 5 (10/4)	3 minutes of gratitude quotes [From celebrities]
3	Wk 6 (16/4, Wed)	Gratitude "Detectives" [From peers]
4	Wk 7 (24/4)	Appreciations [For Mother's Day]
5	Wk 8 (30/4, Wed)	Gratitude Journal: "Memory--3 things a Week" [For oneself, family, school, community, country]
6	Wk 9 (8/5)	Closing circle to close the week (or the cycle) [For oneself, family, school, community, country]
7	WK 10 (12-16/5)	My own Gratitude Book (during a reading week) [For oneself, family, school, community, country]
8	Wk 11 (22/5)	Gratitude Research & Action [For Father's Day]
9	Wk 12 (29/5)	Post-Gratitude Learning Questionnaire [For oneself, family, school, community, country]



GT students practicing gratitude with their peers

Pre-Gratitude Learning Questionnaire (22 questions):

Research Topic: Gratitude Research in Education

A questionnaire to assess the differences in the level of gratitude as a personality trait and state in a student. Refer to the Scale of Levels 1-7 for understanding the questions below.

Concept of Gratitude:

1. I understand the meaning of gratitude.
2. I believe expressing gratitude is important.
3. I am aware of opportunities to feel and express gratitude in my daily life.

Experience of Gratitude in the Classroom:

4. I feel grateful towards my teachers for their efforts.
5. I express gratitude to my teachers.
6. I believe my teachers appreciate my efforts.

Gratitude Education for G.T. (Ellen Yeung) College Gratitude Journal x 5-Week Reflection

Student Name: _____

Date: _____

Week 5

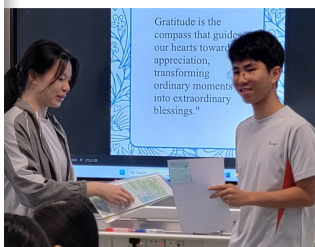
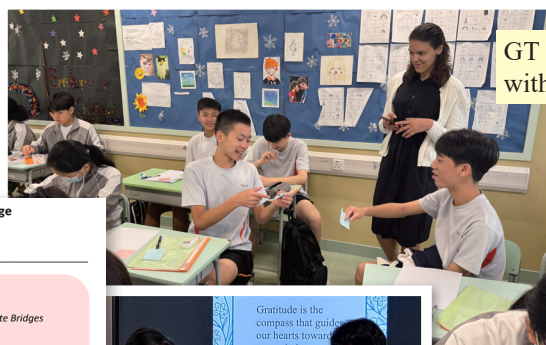
"Gratitude helps us see what is there instead of what isn't." – Annette Bridges

1. This week I am thankful for ... because ...

2. Good things that happened this week ... because ...

3. Something I'm proud of ... because ...

Draw or doodle something that make you smile this week.



The questionnaire finding out the gap for improvement

Students holding their User's Guides, writing gratitude cards...

Dear parents,

Gratitude Education for GT

G.T. College is proud to introduce our innovative "Gratitude Education for GT" program, running every Thursday from **9 April to 26 May 2025** (a total of 9 lessons). Designed to foster reflective competence, joy, and a positive mindset in students, this initiative includes activities like gratitude journals, peer appreciation, and themed projects for Mother's Day, Father's Day, and National Day. A few gratitude exhibitions will be held during parents' nights during August-September, 2025.

Key Activities:

- Pre/Post-Questionnaires (Lessons 1 & 9)
- Gratitude Quotes, Cards, & Journals (Lessons 2--5)
- Closing Circle, Gratitude Book, Gratitude Research & Action (Lessons 6 & 8)
- Themed Appreciation Projects (Lesson 7)

We would like to invite you to share your observations and the questions are as follows:

1. Has your child mentioned the gratitude education program?
2. Have you noticed any positive changes in their attitude to their peers, family members, teachers/school, city (Hong Kong) and country (China)?
3. Would you like to share some feedback in our GT publications? If yes, you can submit your feedback via **writing your reflections or sharing in the Reply Slip**.

Your participation enriches our community's growth and success. Thank you for supporting this gratitude education program at GT. If you have any questions, you are most welcome to call Dr. Clara Cheng or Ms. Doris Cheung on 2535-6867.

With gratitude,
Dr. Raymond Tam
Principal

Principal Tam issuing an e-Notice to parents about keeping track of students' reflective competence

Gratitude Education for G.T. College

2024-25

Education Research
Hong Kong



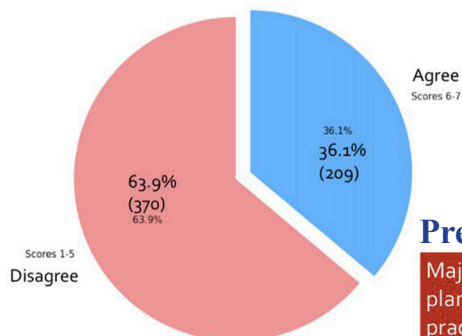
The User's Guide supporting
teachers and students



G7 students distributing materials
for the gratitude lessons during
April-May 2025



I plan to encourage others to practice gratitude.



Pre-Gratitude Check

Majority of students did not
plan to encourage others to
practice gratitude.



G7 students giving chocolates
to the school janitors



sharing gratitude quotes, and expressing gratitude to their peers

Term 2 Prize-Giving Ceremony



Professor Rex Li, Director Chen, G11 class teachers and awardees



Mr. Richard Yiu, Mr. Paul Chan, G10 class teachers and awardees



Mr. Richard Yiu, Mr. Benny Lai, G9 class teachers and awardees



Mr. Alex O, Mr. Leo Tsui, 8D to 8F class teachers and awardees



Dr. Vincent Tam, Dr. Christine Yu, 8A to 8C class teachers and awardees



Professor Rex Li presenting an inspiring speech

Held in the school hall on 24 April, 2025, the event recognized academic excellence through various awards. Many students received academic and benchmark awards for their diligence and dedication. Additionally, conduct awards were presented to those who demonstrated exemplary behavior and leadership, highlighting the importance of character development. The ceremony concluded with an inspiring speech from Professor Rex Li, motivating everyone to strive for excellence. Overall, the event fostered pride and community spirit within our school.

Ms. Winnie Au
Head of School Functions Group



Dr. Salson To, Dr. Clara Cheng, 7A to 7C class teachers and awardees



Mr. Anselm Kwok, Mr. King Lau, 7D to 7F class teachers and awardees

Cambridge Chemistry Challenge

A few G11 students took part in the 2024 Cambridge Chemistry Challenge on 7 December, 2024. It was held by the University of Cambridge as an online challenge to stretch and engage students that were interested in chemistry. The challenge was designed to take students beyond the syllabus and encourage them to think about science in a way that they would at university.

This year, over ten thousand candidates from all over the world attended the international competition. Three students from G.T. College were awarded:

Gold Award:	Bryan Leung (11A), Cyrus Hong (11D)
Silver Award:	Isaac Lai (11A)

Congratulations to these students for their outstanding achievement!

Ms. Alice Chan
Acting Panel Head of Chemistry



Students posing for a group photo with Vice-Principal Mr. Benny Lai and their Chemistry teachers

Forensic Hunter



Choi Ho Yeung (9A) explaining the clues they had found



Students listening to the explanation by the police officers

On 15 March, 2025, four students, Choi Ho Yeung (9A), Au Tsz Lok (9C), Chan Ho (9E), Mok Ho Chi (11C), participated in Forensic Hunter 2025 held by TWGHs C Y Ma Memorial College. The school was laden with criminal scenes, investigation rooms, and forensic laboratories. In the morning, participants learnt different analytical skills in forensic science. Each group of four students collected different clues and immediately applied the skills learnt to come up with the truth behind the “crime scene.” In the afternoon, police officers from the Identification Bureau delivered a talk about forensic science in fingerprint identification, where abundant knowledge from Chemistry is applied. After the talk, the police officers showed our students the actual equipment used in the investigations, which was a valuable experience for all of us.

Ms. Alice Chan
Acting Panel Head of Chemistry

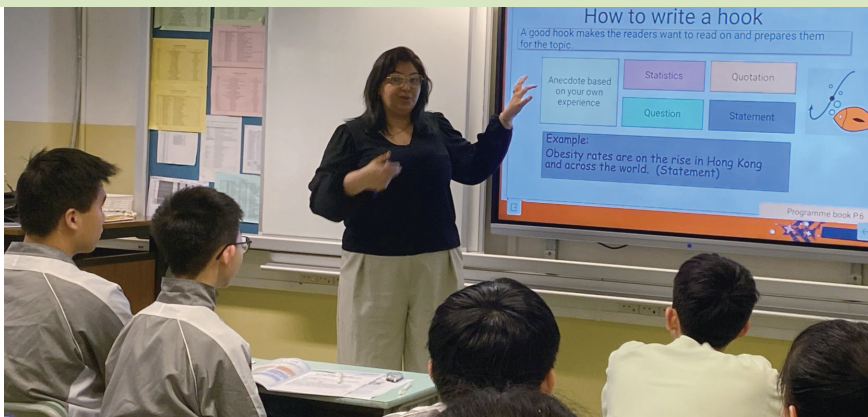


Students posing for a group photo with the police officers



All participants posing for a group photo

Exploring the SCOLAR Workshop: Engaging Students in Critical Thinking



Ms. Rowanna Soyza patiently revising the key elements of writing a hook with students



Ms. Lo introducing the PEEL model to students with excerpts

On 22 and 29 April, 2025, fifteen students participated in an engaging scholar workshop organized by the Chinese University of Hong Kong (CUHK) Faculty of Education, focusing on the pros and cons of playing online games. Led by Ms. Lo (tutor), Ms. Rowanna Soyza (tutor) and Ms. Pinky Ngan (teaching assistant), the discussion sparked a lively exchange of ideas as students shared their experiences and reflected on the impact of gaming on social interaction and mental health. This interactive session not only stimulated critical thinking but also encouraged respectful dialogue among peers.

Following the discussion, students utilized the PEEL model (Point, Evidence, Explanation, and Link) to analyse a sample article about online gaming's effects. This structured approach helped them develop coherent arguments and strengthened their analytical skills, essential for academic writing, and effective communication.

To wrap up the workshop, Ms. Rowanna introduced five techniques for crafting engaging hooks in introduction paragraphs. Students practiced methods like posting their ideas on Padlet to capture readers' attention. Overall, the workshop provided a comprehensive learning experience that equipped students with practical skills for future writing assignments.

Ms. May Leung
English Department



Students working together and categorizing the key elements of a sample essay



Students excitedly discussing and posting their ideas on Padlet

Small Joys with Big Happiness' School Wellness Carnival



Students making colourful bottles to express their emotions



Jerrold Liu (9D) donning quirky glasses when exploring the game booths



Bowie Li (9A) and Xie Daiyang (9D) taking aim at the game booth, learning about mental health risks

In response to the growing concern over mental health issues in Hong Kong, the school organized the School Wellness Carnival to educate students on the risks associated with mental health.

Held on 7 March, 2025, the event featured engaging game booths in the school hall, designed to teach students about mental health awareness and effective ways to seek support. The highlight of the event was the Dynamic Theatre, a lively and thought-provoking drama that encouraged students to reflect on their personal experiences and engage in meaningful discussions about mental health. Following the discussion, some students were invited on stage to demonstrate how to comfort others and encourage their peers to seek help when needed.

Met with great enthusiasm, the event was a resounding success with students actively participating in the game booths and thoroughly enjoying the drama. We hope this experience inspires students to thrive in a stress-free school environment.

Ms. Nestle Hui and Mr. Alex Yiu
School Social Worker

UK Exchange: Invicta Grammar School



Our Students and Mr. Mike Carr posing in front of Leeds Castle

We are excited to announce the successful exchange program between G.T. College and Invicta Grammar School in England! For 9 days, our students experienced a fantastic cultural immersion, fostering friendships, and broadening their horizons.

During their time at Invicta, our students participated in engaging classes, collaborative projects, and exciting extracurricular activities, showcasing their talents and sharing our unique traditions. They explored local landmarks such as Canterbury Cathedral and Leeds Castle, where the students enjoyed enriching cultural experiences, from historical tours to traditional English meals.

This exchange not only strengthened our partnership with Invicta but also allowed our students to develop essential skills such as adaptability and intercultural communication. They returned with unforgettable memories and new perspectives.

I would like to thank everyone involved in making this program a success and encourage more students to participate in future exchanges. Together, we can continue to build bridges across cultures!

Mr. Mike Carr
International Exchange Department



Mrs. Van Beales (Head Teacher of Invicta) presenting a gift to our chaperone teacher Mr. Mike Carr



Our students posing in Harry Potter World



Students enjoying their free time together in the Leeds Lastle



Our students taking a group photo with their buddies and teachers

Life Game for Teenagers 青少年人生之旅 2025



Eighteen G9 and G11 students posing with their certificates

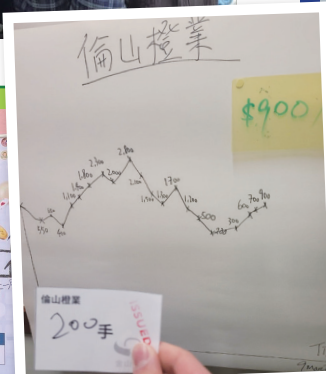
Eighteen G9 and G11 students joined a two-day camp (“青少年人生之旅 2025”) held by Lions Clubs International District 303 in the Wu Kai Sha Youth Village during March 8-9, 2025.

The theme for this year is “Truth and Dare,” aiming at preparing teenagers to be brave in being their true selves and to pursue their dreams. Students were exposed to more than 40 booths related to the government, education, society, entertainment, interpersonal skills, and work experience. Students could experience stock buying, working at different industries and even marriage. There were mentors with each group of participants, helping teenagers establish goals, learn how to face choices, and plan their lives, so that students could have a broader imagination of their future.

Ms. Alice Chan and Ms. Winnie Au
MEG teachers



G.T. students going into different sites for financial experience



Donovan Cheung (9A) showing his 200 shares of stock



G.T. students visiting multiple sites for different working experiences



G.T. students eagerly joining group sharing led by their mentors



上海東方明珠塔：城市的地標



中國商飛：航空夢想的實現



上海文化保育及體驗式學習內地考察

為加深學生對國家歷史文化、科技創新、城市規劃及國防建設的認識，本校中四學生與 12 位老師於 2025 年 3 月 7 日至 11 日，參與由香港特別行政區教育局主辦的「上海文化保育及體驗式學習內地考察」。行程緊湊充實，涵蓋多項主題，學生獲益良多。

第一天：認識上海地標——東方明珠塔

師生順利抵達上海，首站參觀東方明珠塔，俯瞰浦東現代都市景觀，為考察之旅揭開序幕。

第二天：安全教育與國防體驗

上午參觀上海市公共安全教育實訓基地，透過模擬災難場景，提升學生危機應對能力。隨後走訪東方綠舟國防園，登上仿真航空母艦，了解國防設施。下午則漫遊朱家角古鎮，感受江南水鄉的傳統風貌。

第三天：歷史教育與紅色文化

上午參觀上海世博會博物館及徐家匯書院，從中了解中國現代化進程及宗教與教育的歷史。下午走訪中共一大會址，深入了解中共建黨歷程，並於新天地觀察歷史保育與城市發展的融合。

第四天：高等教育與城市規劃

當天行程包括上海交通大學與城市規劃展示館，學生對內地高等教育及上海城市發展有更深入的了解。黃昏時分，師生於外灘欣賞中西合璧的建築景觀。

第五天：科技創新與結業

最後參觀中國商飛公司，認識中國自主研发大型客機的進程與科技成果，激發學生對 STEM 的興趣。行程結束後，一行人返回香港，圓滿結束五日考察。

本次考察活動讓學生實地體驗祖國的歷史文化與現代發展，拓闊視野，增強國民身份認同感。學生普遍認為行程內容豐富多元，提升了學術能力及人際合作技巧。教師亦高度肯定活動的教育價值，有助學生建立全人素養與國際視野。



區穎怡老師
公民與社會發展科科主任



黃浦江外灘：繁華的城市風景



上海交通大學：培養未來人才的搖籃



公共安全教育實訓基地：安全教育的重要場所



徐家匯書院：知識的殿堂



第二十九界全港學界對聯創作比賽頒獎典禮

中文科初中增潤課程「中國文學入門」學員 8A(02) 趙海沂與 9A(01) 區尹映同學於 2025 年 3 月 9 日 (星期日) 出席新市鎮文化教育協會假獅子會蔣翠琮中學禮堂舉辦之「第二十九界全港學界對聯創作比賽」暨「第五屆國際對聯創作比賽」頒獎典禮，二人分奪學界比賽中學組亞軍及特別獎，而同學的參賽指導老師亦同時喜獲國際賽特別獎。

李潤滿老師

中文科初中增潤課程「中國文學入門」科任教師



區尹映同學 (9A) 代李潤滿老師領獎後與趙海沂同學 (8A) 持三人之獎牌、獎狀及獎盃與評判何文匯博士合影



「第二十九界全港學界對聯創作比賽」暨「第五屆國際對聯創作比賽」頒獎典禮評判及得獎者全體照

電影欣賞

學校於 2025 年 3 月 20 日舉辦了一次包場活動，讓 G10 至 G11 的學生們欣賞動畫電影《哪吒之魔童降世》。這部作品不僅畫面精彩刺激，還深刻展現了中國傳統中重視孝順、敢於承擔、合作團結、肝膽相照等等優秀文化特質。在觀影過程中，學生們被哪吒的勇敢深深吸引，這種克服挑戰、追尋突破的故事，激發了他們對自我成長的思考。

影片中的中國元素，如神話傳說、服飾造型、詩詞用語，讓學生們在觀賞的同時，對家國的歷史與文化有了更深的了解。特別是影片所展現的家庭價值觀和友情課題，讓學生們認識到人際關係的重要性，並激勵同學在生活中珍惜身邊的人。

區穎怡老師

公民與社會發展科科主任



10C 班合照



10D 班合照



G11 同學於戲院內合照



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