



2023

JANUARY

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FEBRUARY

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JUNE

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JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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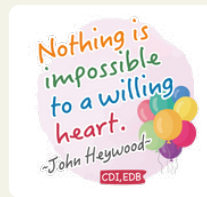
NOVEMBER

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DECEMBER

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Sayings of Wisdom



Goal of the month

Tasks to finish

1
January

"Well begun is half done."

Tasks to start

Priorities

Notes



Count your blessings.

*"The warming sun, colourful sky
and organic farming goods are our blessings!"*

SOW Creativity Contest: A Moment in Time (2021/22)
Outstanding Award (Lower Primary Parent-child Division)

FAN Chin-ying, Chiara
St. Mary's Canossian School



January 2023

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- *1 Jan: The First Day of January
- *22 Jan: Lunar New Year's Day

Schools could refer to this Event Planning Calendar to plan and arrange national education activities.



Goal of the month

2

February

Tasks to finish

"Genius is one per cent inspiration and ninety-nine per cent perspiration."

- Thomas Edison

Tasks to start

Priorities

Notes



Home is where the heart is.

*"Such hope and love overflow my home,
'Tis the place I cherish wherever I roam."*

SOW Creativity Contest: A Moment in Time (2021/22)
Outstanding Award (Senior Secondary Division)

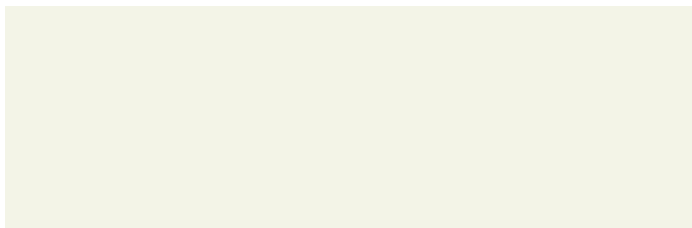
MA Yat-hang, Lukas
St. Paul's Co-educational College



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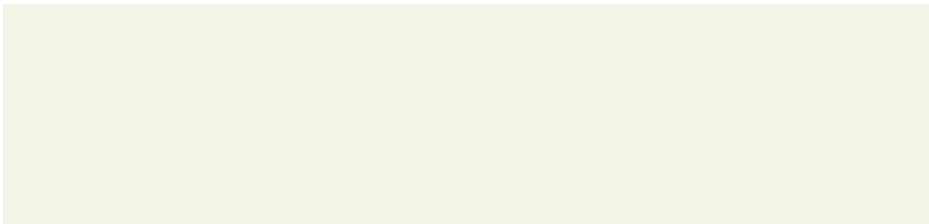
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Goal of the month

Tasks to finish

3

March

"We may not always see
eye to eye, but we can try
to see heart to heart."

- Sam Levenson

Tasks to start

Priorities

Notes



*Limitations are really good for
you. They are a stimulant.*

*"Plenty a night I draft and redraft ad infinitum,
Taking the advice from David Hockney the art patron,
Limitations can be a stimulant!"*

SOW Creativity Contest: A Moment in Time (2021/22)
Outstanding Award (Upper Primary Division)

LAW Yu-ching
Tak Sun School



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March 2023

Laughter
is the best
medicine



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Goal of the month

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April

Tasks to finish

"Don't judge each day by the harvest you reap but by the seeds you plant."

- Robert Louis Stevenson

Tasks to start

Priorities

Notes



Cherish this moment.

*"You never know
when will be the last second you see someone,
so remember to accompany your family more!"*



SOW Creativity Contest: A Moment in Time (2021/22)
Outstanding Award (Upper Primary Division)

SIN Sum-yi
St. Francis of Assisi's Caritas School



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April 2023



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- *5 Apr: Ching Ming Festival
- *7 Apr: Good Friday
- *10 Apr: Easter Monday
- *23 Apr: World Book Day

Goal of the month

5
May

Tasks to finish

"Opportunity only
knocks once."

Tasks to start

Priorities

Notes



Hope is best gained after defeat and failure, because then inner strength and toughness is produced.

*"She hadn't given up on herself,
even when all hope seemed lost
and simply surviving seemed to be futile."*

SOW Creativity Contest: A Moment in Time (2021/22)
Outstanding Award (Junior Secondary Division)

LI Ching-yau
Po On Commercial Association Wong Siu Ching Secondary School



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May 2023



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* 1 May: Labour Day
* 14 May: Mother's Day
* 26 May: Birthday of the Buddha

Goal of the month

Tasks to finish

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June

"Gratitude is the
sign of noble souls."

Tasks to start

Priorities

Notes



Every cloud has a silver lining.

*"Every shadow is a product of light.
When we gaze into dark shadows, we must keep in
mind that light is still shining behind us."*



SOW Creativity Contest: A Moment in Time (2021/22)
Outstanding Award (Senior Secondary Division)

YEUNG Wing-him
Chang Pui Chung Memorial School



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* 18 Jun: Father's Day
* 22 Jun: Tuen Ng Festival

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June 2023



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Goal of the month

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July

Tasks to finish

"A stitch in time
saves nine."

Tasks to start

Priorities

Notes



*Every day, a million miracles
begin at sunrise.*

*"The sunrise is full of vigour, full of hope and full of light!
To me, sunrise is not just the beginning of miracles.
It's a miracle itself!"*



SOW Creativity Contest: A Moment in Time (2021/22)
Outstanding Award (Senior Secondary Division)

LEUNG Siu-fung, Benjamin
St. Francis Xavier's School, Tsuen Wan

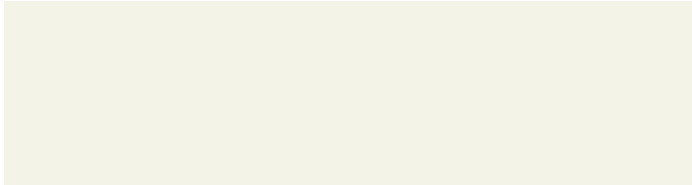


July 2023 Rymr

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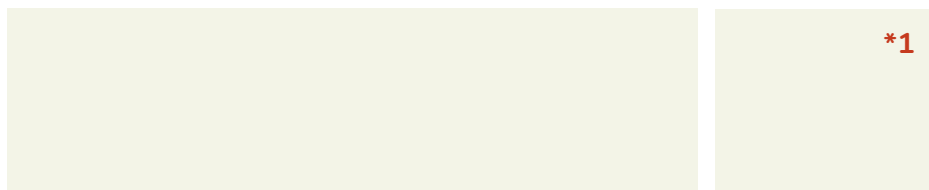


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*1 Jul: Hong Kong Special Administrative Region Establishment Day

Goal of the month

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August

Tasks to finish

"A joy shared is
a joy doubled."

Tasks to start

Priorities

Notes



*However long the night,
the dawn will break.*

*"The balloon was precious to the little girl,
but she still gave it to him.
There are still some warm people in the world."*

SOW Creativity Contest: A Moment in Time (2021/22)
Outstanding Award (Junior Secondary Division)

LAM Ka-man
Po On Commercial Association Wong Siu Ching Secondary School



August 2023

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Goal of the month

Tasks to finish

9

September

"Go put your creed
into your deed."

- Ralph Waldo Emerson

Tasks to start

Priorities

Notes



Time and tide wait for no man.

*"I learned to cherish every moment,
to grasp every opportunity before it disappears,
and to do what is important immediately,
like catching this low tide."*

SOW Creativity Contest: A Moment in Time (2021/22)
Outstanding Award (Lower Primary Parent-child Division)

LEUNG Shavonne Yizhi
Diocesan Girls' Junior School



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- * 1 Sep: The First Day of School
- * 10 Sep: Teachers' Day
- * 29 Sep: Chinese Mid-Autumn Festival

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September 2023

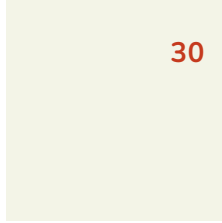
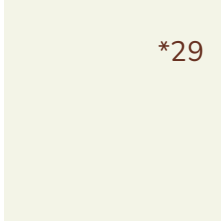
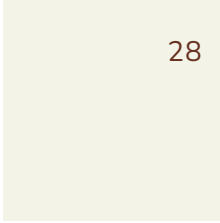
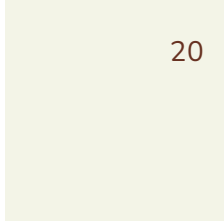
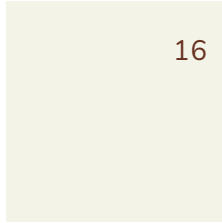
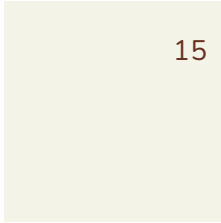
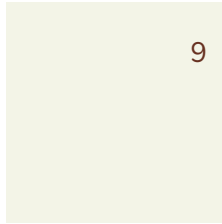
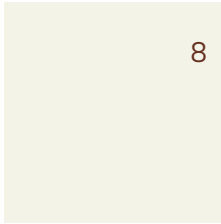
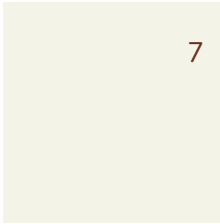
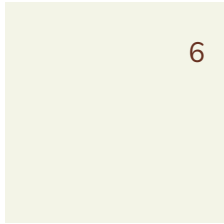
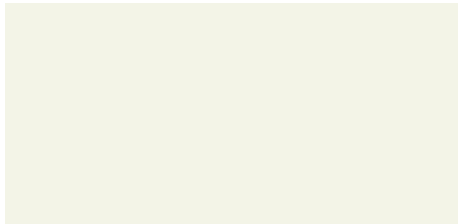


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Goal of the month

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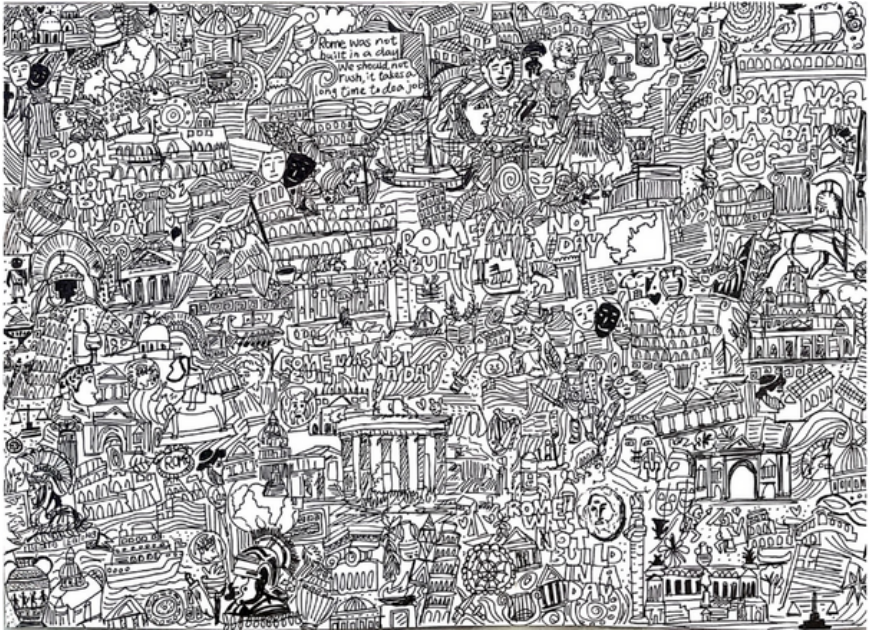
Tasks to finish

"Learn from yesterday,
live for today,
hope for tomorrow."
- Albert Einstein

Tasks to start

Priorities

Notes



Rome was not built in a day.

*"Hard work pays off. Never be afraid of dreaming big.
We just need to move ahead with a positive mindset."*

SOW Creativity Contest: A Moment in Time (2021/22)
Outstanding Award (Upper Primary Division)

CHAN Tik-man, Flora
Sacred Heart Canossian School Private Section



There is no place
like home.

October 2023

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Contentment
is natural wealth

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*1 Oct: National Day

*23 Oct: Chung Yeung Festival

Goal of the month

Tasks to finish

Tasks to start

Notes

11

November

"Life is a gift."

Priorities



*There is light at the end of the
tunnel, from different angles.*

*"If we tackle obstacles in different ways,
we will find the answer and 'light' in the end."*



SOW Creativity Contest: A Moment in Time (2021/22)
Outstanding Award (Junior Secondary Division)

LI Hang-wa
HKSYCIA Wong Tai Shan Memorial College

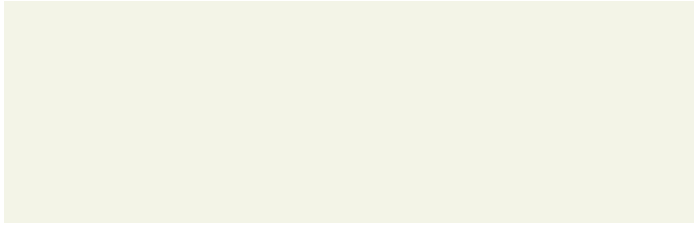


November 2023

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Goal of the month

Tasks to finish

Tasks to start

Notes

12

December

"Gratitude turns
what we have into
enough."

Priorities



Count your blessings.

*"When bad things happen, don't be too sad,
because we still have many good things around us."*



SOW Creativity Contest: A Moment in Time (2021/22)
Outstanding Award (Lower Primary Parent-child Division)

LO Yat-hei
A.D. & F.D. of Pok Oi Hospital Mrs Cheng Yam On School



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December 2023



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*22 Dec: Chinese Winter Solstice Festival
*25 Dec: Christmas Day

NOTES

“

PREVENTION IS BETTER THAN CURE.

”

NOTES

A large grid of small dots for taking notes, consisting of 20 columns and 30 rows.

“CONTENTMENT IS NATURAL WEALTH.”

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“CONTENTMENT IS NATURAL WEALTH.”

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“CONTENTMENT IS NATURAL WEALTH.

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NOTES

A large grid of small dots for taking notes, consisting of 20 columns and 25 rows.

“CONTENTMENT IS NATURAL WEALTH.”

NOTES



“ NO PAIN, NO GAIN. ”

NOTES



“ NO PAIN, NO GAIN. ”

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“ NO PAIN, NO GAIN. ”

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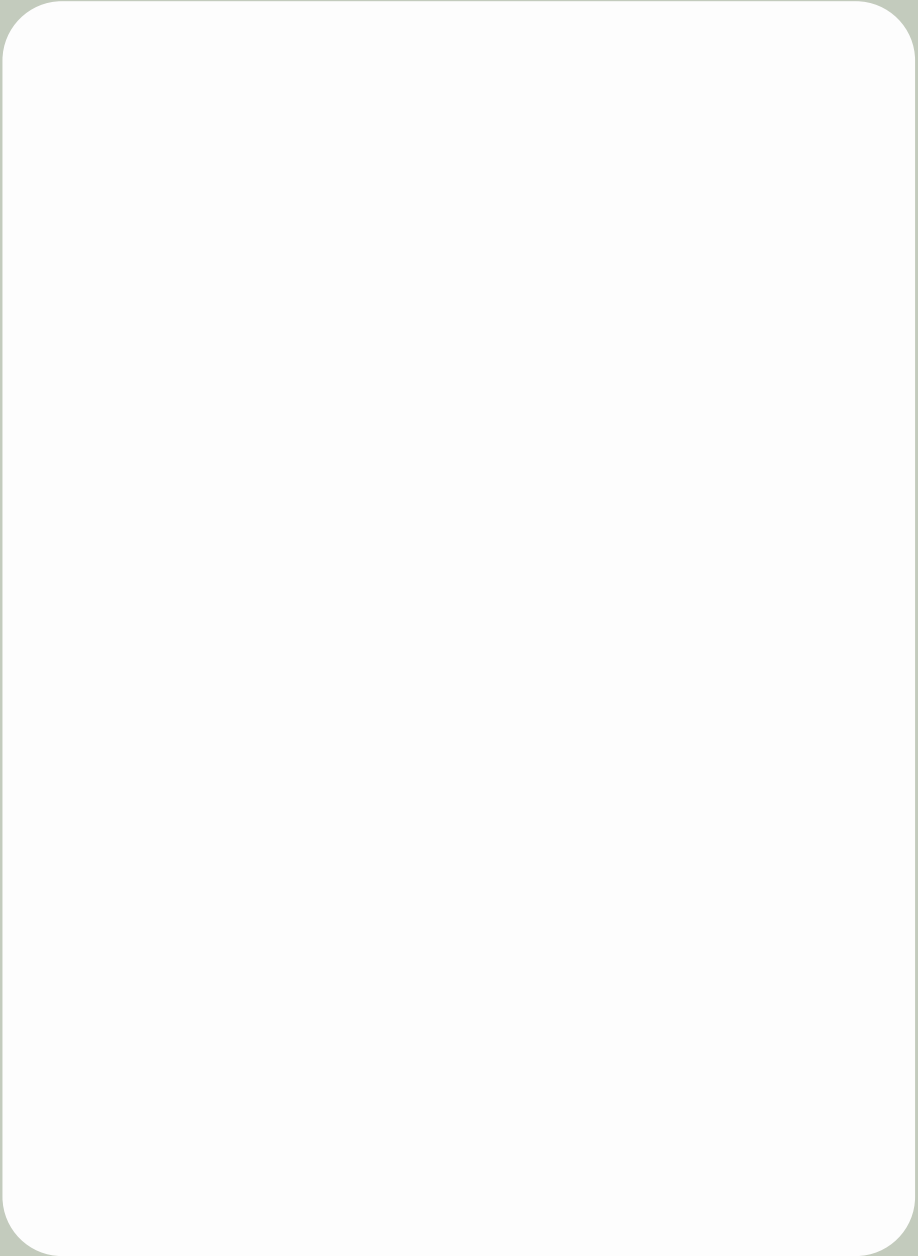
“ NO PAIN, NO GAIN. ”

NOTES



“ NO PAIN, NO GAIN. ”

NOTES



“ EVERY CLOUD HAS A SILVER LINING. ”

NOTES

“ EVERY CLOUD HAS A SILVER LINING. ”

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“ EVERY CLOUD HAS A SILVER LINING. ”

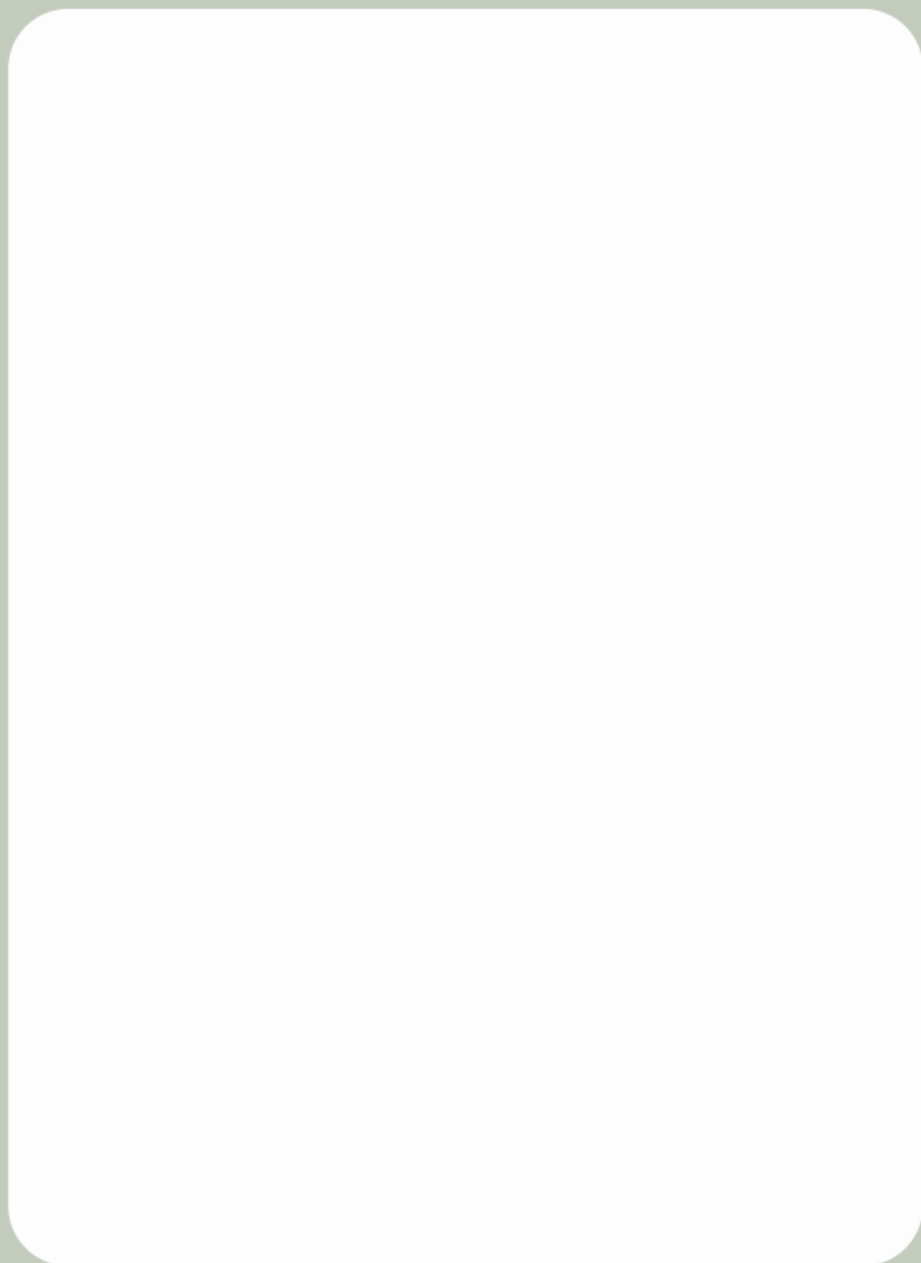
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“ EVERY CLOUD HAS A SILVER LINING. ”

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“ EVERY CLOUD HAS A SILVER LINING. ”

Sayings of Wisdom



2024

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AUGUST

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NOVEMBER

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DECEMBER

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Our sincere gratitude to the schools,
teachers, students and parents for their
support for the "SOW Creativity Contest:
A Moment in Time" organised by the
English Language Education Section of the
Curriculum Development Institute of the
Education Bureau in the 2021/22 school year



www.edb.gov.hk/sow