



Education Bureau
The Government of the
Hong Kong Special Administrative Region
of the People's Republic of China

Sayings
of Wisdom

2025: A YEAR OF DISCOVERY

Our sincere gratitude is extended to the schools, teachers,
students and parents for their support for
the "SOW in Love" Letter Writing Competition.



www.edb.gov.hk/sow



[www.edb.gov.hk/
sow_letter_writing](http://www.edb.gov.hk/sow_letter_writing)

Sayings
of Wisdom



Curriculum Development Institute
Education Bureau

2025

JANUARY

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DECEMBER

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NEW YEAR'S RESOLUTION

Welcome to your new year's resolution adventure!
Kick off the year by setting exciting goals and dreaming big! Whether you want to learn something new, boost your health, or embark on thrilling adventures, this is your space to plan it all.

One goal I would like to achieve this year is

One thing I'll make a difference is

Dreaming big is the first step, and turning dreams into reality requires action.
Let's break down your goals into manageable steps and celebrate every small accomplishment along the way. Let's get started!

Step one

Step two

Step three

GOAL OF THE MONTH

January

Goal of the month

Reading Challenge

Read a book with an animal character.

Title:

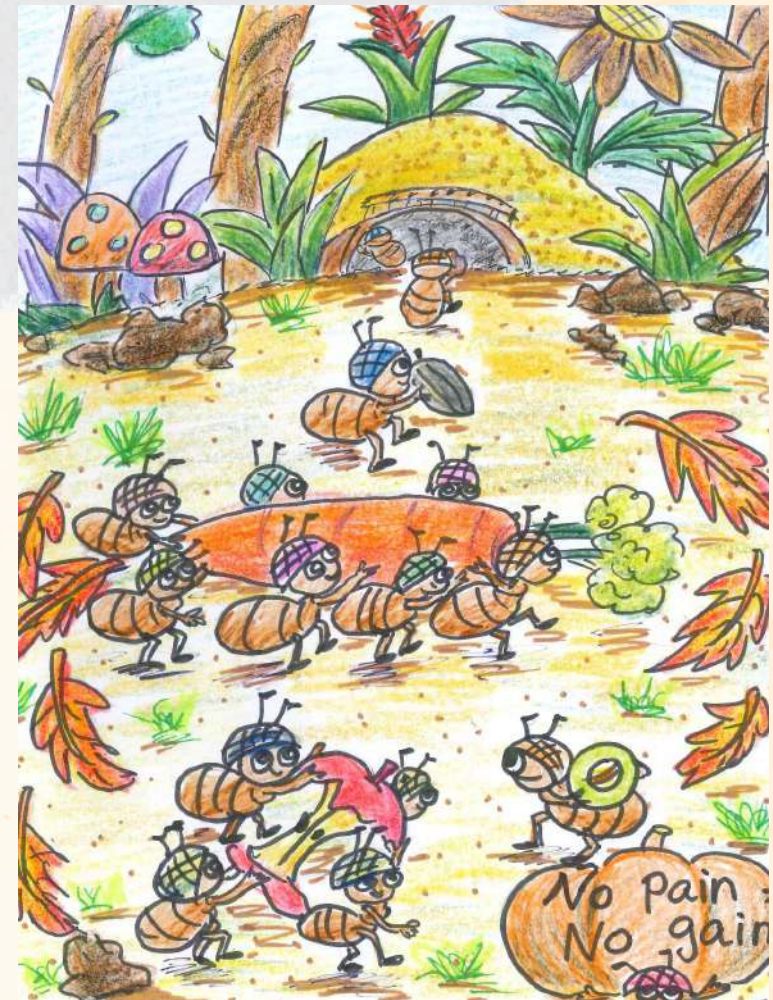
Sayings from the book that inspire me:

Priorities

Things I am grateful for this month:

"SOW in Love" Letter Writing Competition

Outstanding Award (Lower Primary Parent-child Division)



No pain, no gain.

LAI Yan-wai, Ezekiel
International Christian Quality Music
Secondary and Primary School

SUN

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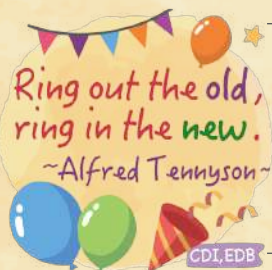
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Schools could refer to this Event Planning Calendar to plan and arrange national education activities.



*1 Jan: The First Day of January

*29 Jan: Lunar New Year's Day

*30 Jan: The second day of Lunar New Year

*31 Jan: The third day of Lunar New Year

The reading of all good books is
like a conversation with the finest
minds of past centuries.
— René Descartes

GOAL OF THE MONTH

February

Goal of the month

Reading Challenge

Read a non-fiction book.

Title:

Sayings from the book that inspire me:

Priorities

Things I am grateful for this month:

"SOW in Love"

Letter Writing Competition

Outstanding Award (Junior Secondary Division)



I have no special talent.
I am only passionately curious.

HOU Iris

Sha Tin Government Secondary School

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GOAL OF THE MONTH

March

Goal of the month

Reading Challenge

Read a book about the environment.

Title:

Sayings from the book that inspire me:

Priorities

Things I am grateful for this month:

“SOW in Love” Letter Writing Competition

Outstanding Award (Senior Secondary Division)



We cannot live only for ourselves.
A thousand fibres connect us with
our fellow men.

LAU Pak-hin
Immaculate Heart of Mary College

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March



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We read to know we are not alone.
— C. S. Lewis

GOAL OF THE MONTH

April

Goal of the month

Reading Challenge

Read a book with its title that starts with the letter "a".

Title:

Sayings from the book that inspire me:

Priorities

Things I am grateful for this month:

"SOW in Love"

Letter Writing Competition

Outstanding Award (Upper Primary Division)



Life isn't about finding yourself.
Life is about creating yourself.

LAW Hoí-kíu
A.D. & F.D. POHL Mrs Cheng Yam On School

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April



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*4 Apr: Ching Ming Festival

*18 Apr: Good Friday

*19 Apr: The day following Good Friday

*21 Apr: Easter Monday

*23 Apr: World Book Day

The more that you read, the more things you will know. The more that you learn, the more places you'll go

— Dr. Seuss

GOAL OF THE MONTH

May

Goal of the month

Reading Challenge

Read a book in a series.

Title:

Sayings from the book that inspire me:

Priorities

Things I am grateful for this month:

"SOW in Love"

Letter Writing Competition

Outstanding Award (Junior Secondary Division)



Flowers grow back even after
the harshest winters. You will, too.

CHAN Pui-yan

New Territories Heung Yee Kuk
Yuen Long District Secondary School

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May



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*1 May: Labour Day

*5 May: The Birthday of the Buddha

*31 May: Tuen Ng Festival

Finite to fail, but infinite to venture.
— Emily Dickinson

— Emily Dickinson

An illustration of an open book with a blue cover and yellow pages. A large, bright yellow lightning bolt strikes the top of the book. To the left of the book, the text "Reading is my superpower" is written in a playful, colorful font. The background is a light blue sky with white clouds.

GOAL OF THE MONTH

June

Goal of the month

Reading Challenge

Read a book with a cover that has
no people.
Title:

Sayings from the book that inspire me:

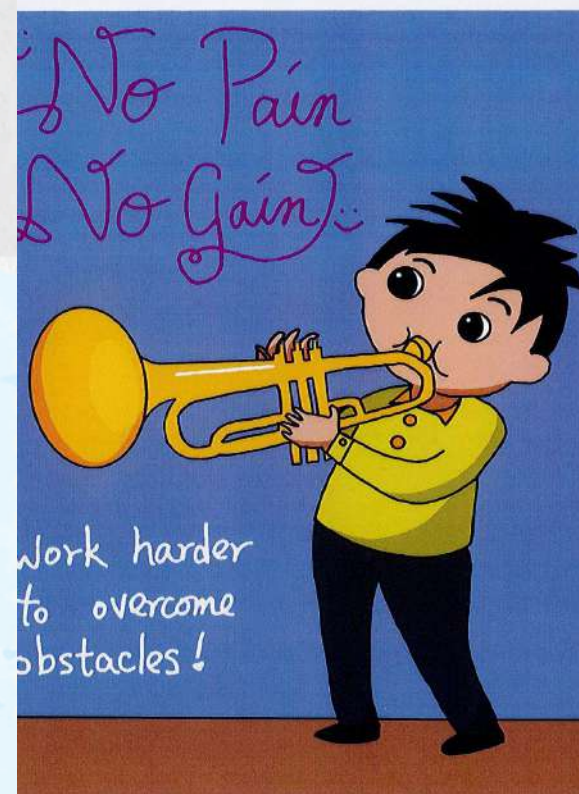
Priorities

Things I am grateful for this month:

“SOW in Love”

Letter Writing Competition

Outstanding Award (Lower Primary Parent-child Division)



No pain, no gain.

WONG Hei-yeung
S.K.H. Yan Laap Memorial Primary School

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I am not afraid of storms,
for I am learning how to sail my ship.
—Louisa May Alcott

GOAL OF THE MONTH

July

Goal of the month

Reading Challenge

Read a book about a hobby.

Title:

Sayings from the book that inspire me:

Priorities

Things I am grateful for this month:

“SOW in Love”
Letter Writing Competition
Outstanding Award (Upper Primary Division)



Without your contribution,
there would be no today!

LEE Tsz-ching
S.K.H. St. Peter's Primary School

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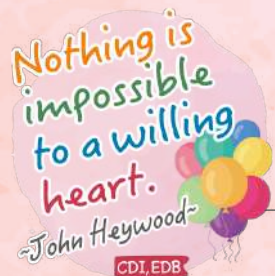
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July



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*1 July: Hong Kong Special Administrative
Region Establishment Day

Reflect upon your present blessings,
of which every man has plenty;
not on your past misfortunes,
of which all men have some.
— Charles Dickens

GOAL OF THE MONTH

August

Goal of the month

Reading Challenge

Read a book about an adventure.

Title:

Sayings from the book that inspire me:

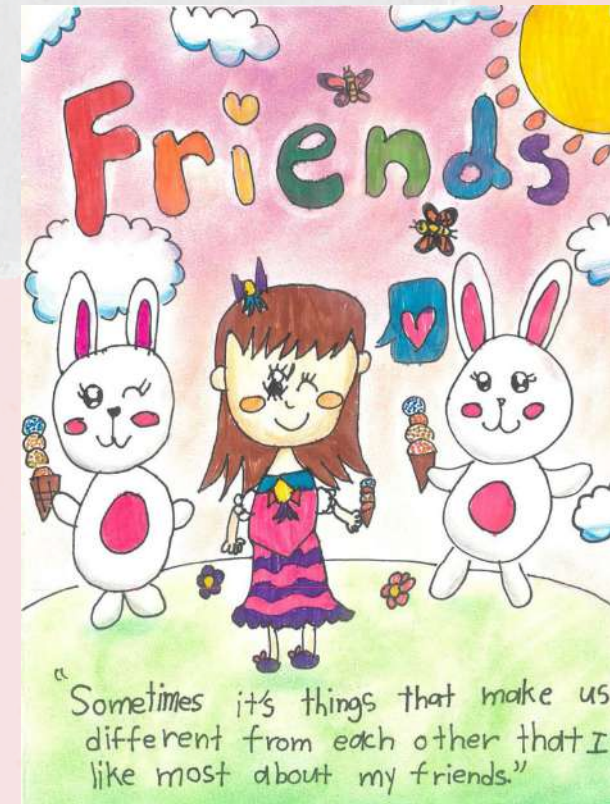
Priorities

Things I am grateful for this month:

"SOW in Love"

Letter Writing Competition

Outstanding Award (Lower Primary Parent-child Division)



Sometimes it's things
that make us different from each other
that I like most about my friends.

Josslyn CHAN

Maryknoll Convent School (Primary Section)

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There is nothing in the world so irresistibly contagious
as laughter and good humour.
— Charles Dickens



GOAL OF THE MONTH

September

Goal of the month

Reading Challenge

Read a story that takes place in a school.

Title:

Sayings from the book that inspire me:

Priorities

Things I am grateful for this month:

“SOW in Love”

Letter Writing Competition

Outstanding Award (Junior Secondary Division)



You change the world by being yourself.

LE Quynh-chí
Delia Memorial School (Híp Wo)

SUN	MON	TUE	WED	THU	FRI	SAT
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Knowledge is power. — Francis Bacon

GOAL OF THE MONTH

October

Goal of the month

Reading Challenge

Read a book about Chinese culture.

Title:

Sayings from the book that inspire me:

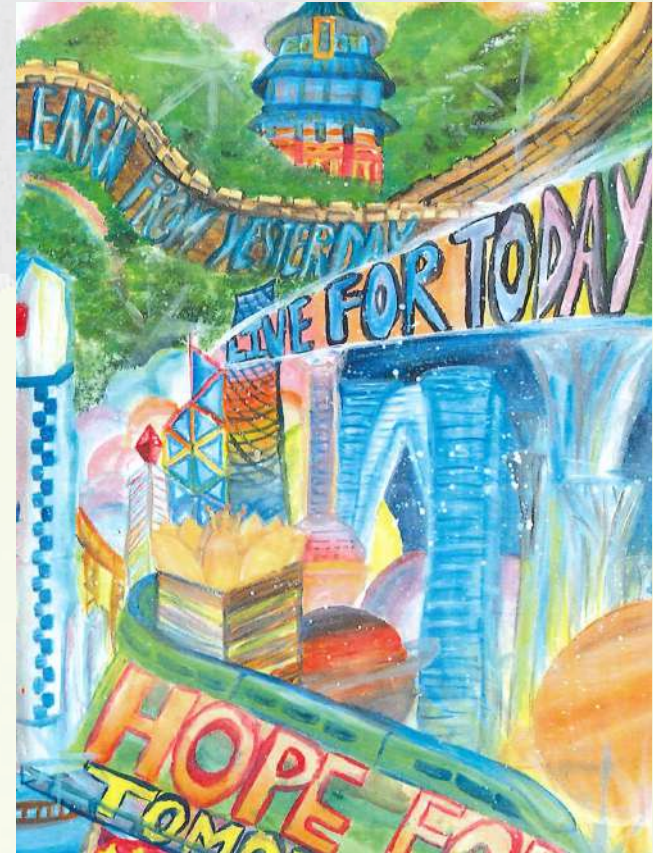
Priorities

Things I am grateful for this month:

“SOW in Love”

Letter Writing Competition

Outstanding Award (Senior Secondary Division)



In love of home, the love
of country has its rise.

HO Weí-cí, Víní
Immaculate Heart of Mary College

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October



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- *1 Oct: National Day
- *6 Oct: Mid-Autumn Festival
- *7 Oct: The day following
the Mid-Autumn Festival
- *29 Oct: Chung Yeung Festival

Although the world is full of suffering,
it is also full of the overcoming of it.
— Helen Keller

GOAL OF THE MONTH

November

Goal of the month

Reading Challenge

Read a book recommended by
a friend/teacher.

Title:

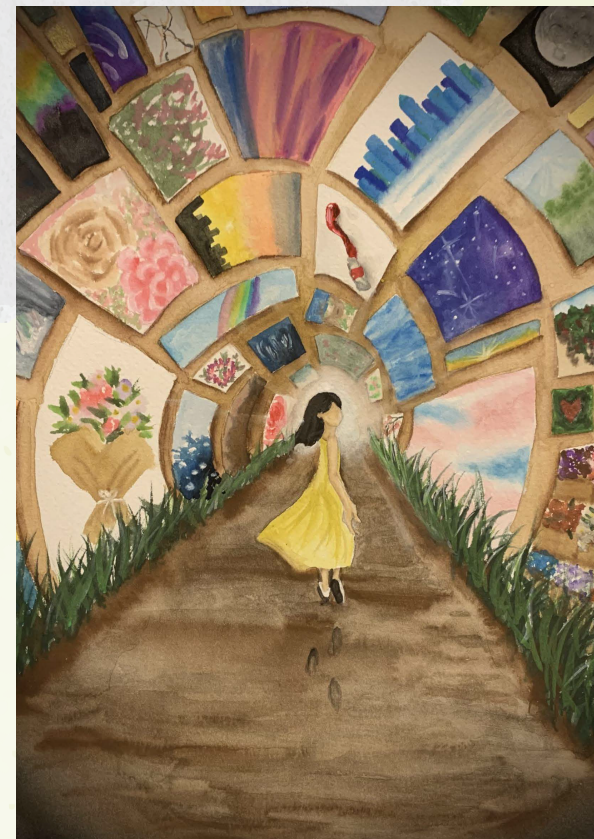
Sayings from the book that inspire me:

Priorities

Things I am grateful for this month:

“SOW in Love” Letter Writing Competition

Outstanding Award (Senior Secondary Division)



There is a light at the end of every tunnel.
Some tunnels just happen to be
longer than others.

CHENG Cheuk-ling, Rosalind
St. Paul's Co-educational College

November



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The pleasure of all reading is doubled when one lives with another who shares the same books.
— Katherine Mansfield

GOAL OF THE MONTH

December

Goal of the month

Reading Challenge

Read a festive tale.

Title:

Sayings from the book that inspire me:

Priorities

Things I am grateful for this month:

"SOW in Love"
Letter Writing Competition
Outstanding Award (Upper Primary Division)



Sunsets are proof that no matter
what happens, every day can end beautifully.

SUBEDI Samragyi
Sir Ellis Kadoorie (S) Primary School

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*25 Dec: Christmas Day
 *26 Dec: The first weekday
 after Christmas Day

All that we behold is full of blessings.
 — William Wordsworth

[illegible][illegible]

A blank, lined page from a notebook. At the top left, there is a brown paper tag with the word "Notes" written on it in a dark, serif font. The tag is attached to a brown rope that runs along the top edge of the page. The page itself is cream-colored with light blue horizontal ruling. The page has a slightly aged, textured appearance with some minor discoloration and a torn edge on the right side.

[illegible]

A blank, lined page from a notebook. At the top left, there is a brown paper tag with the word "Notes" written on it in a dark, serif font. The tag is attached to a brown rope that runs along the top edge of the page. The page itself is cream-colored with light blue horizontal ruling. The edges of the page are slightly irregular, giving it a handmade appearance.

[illegible]

Notes

2026

JANUARY

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FEBRUARY

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MARCH

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APRIL

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MAY

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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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