



趙聿修紀念中學

Chiu Lut Sau Memorial Secondary School



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PRINCIPAL'S MESSAGE

2019-2020 年度
第二期校訊

Dear Alumni, Parents and Friends,

Since early February, all schools have experienced a once-in-a-life-time turbulence due to the COVID-19 infection. Schooling has been suspended for nearly four months. Yet, learning never ceases even during the class suspension period. In this Newsletter, we are going to delve into how CLSMSS supports 'suspending classes without suspending learning.' There are articles that illustrate how our students learn beyond classroom, and how our teachers strive to inculcate positive values and healthy messages in students through inspiring activities and projects.

While the coronavirus pandemic is life-threatening, bringing overwhelming anxiety, fear and uncertainties to all of us, it has taught us valuable lessons. Let's learn from the bravery of the unsung heroes in Hong Kong, in particular, the compassionate healthcare staff and courageous medical practitioners, who are making quiet sacrifices to heal and save the infected patients. Let's learn from the acts of kindness and selflessness of Hong Kongers and people in every corner of the world. We witness numerous donations of face masks, hand sanitizers, medical supplies, meal kits, rent relief, free learning resources, free online concerts and musicals, free online virtual tours, free download of library books, etc., to people in need. In our CLSMSS family, our alumni have expressed their care and concern for the school by their generous donations of surgical masks and hand sanitizers, while members of our Parent-teacher Association have warmly donated \$10,000 to the school as Anti-epidemic Fund. As it is said in the opening of 'A Tale of Two Cities', 'It was the best of times, it was the worst of times.' These kind acts are heart-warming, bringing us 'hope' in the face of adversity. Let's learn that kindness is everything in the worst of times, and is one of the few things we have control over. So let's choose to be kind in a time like this and to be hopeful amid very tough circumstances.

The sudden emergence of the COVID-19 pandemic reminds us that adversity is inevitable in life. We may face failures, broken relationships, health concerns or even natural disasters. What is the secret to overcoming adversity? I have read an article on bbc.com titled 'Sisu: The Finnish art of inner strength' – it introduces the concept of 'sisu', a unique Finnish spirit which encompasses extreme perseverance and dignity in the face of adversity. 'Sisu' in Finnish means inner strength in a task that for some may seem hopeless. It refers to endurance, willpower, tenacity and resilience. In this era, I reckon it is essential to learn how to face adversity with courage and determination. A positive outlook on life is what we need. We must realize that difficulty is not designed to derail us, but to develop us. A positive mindset is essential. Positive thinking doesn't mean ignoring life's less pleasant situations. It means that we approach unpleasantness in a more positive way. It means we keep looking for the good in every problem or difficulty. I love the quote of Helen Keller ~ *'Keep your face to the sunshine and you will never see the shadows'*, for it is the embodiment of this approach to life. It is true that we cannot change the world, but we can choose to have a positive mindset, which is the secret to a meaningful life, the secret to happiness. I hope all of us will have the stamina to withstand any storm that life brings and the tenacity to triumph even in moments of unrest and uncertainty.

'Life isn't about waiting for the storm to pass. It's about learning to dance in the rain.' ~ Vivian Greene

May GOD shower His abundant blessings upon us and Hong Kong.



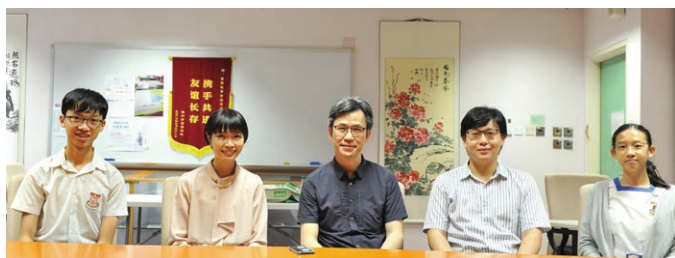
Ms LEE Siu-yuk Hilda
Principal

戴麟師兄

由會計文員到遠東區總裁

「疫」境自強 心繫母校

「頭抽師兄」戴麟先生，他不但是本校第一屆畢業生，而且從中一級起連續五年擔任領袖生長。戴師兄在1986年中七畢業後入讀恒生商學書院，其後工餘自學，先後考獲香港、英國和新加坡的會計師資格，並於2002年香港科技大學工商管理碩士畢業。戴師兄剛投身社會工作時只是一名會計文員，現在卻貴為香港萬美集團遠東區總裁。當初只有七人的小規模公司，在他的帶領下發展至今擁有三千多名員工的跨國大型企業，他更榮獲香港工業總會頒發的香港青年工業家獎，足見其事業上的輝煌成就。儘管如此，戴師兄仍不忘回饋母校，在疫情期間跟「頭抽同學會」趙中創校的中一同學組織籌集防疫用品，把口罩和潔手液等物資捐贈母校。



捐贈物資 心繫母校

今年年初，疫症爆發。戴師兄見證抗疫初期，香港以至全球防護物資都嚴重短缺。他擔心若香港出現社區爆發，又沒有足夠口罩，將會令所有工作暫停。有見及此，他的同事開始從四方八面採購口罩回港，先將這些物資分配給公司員工，確保公司運作暢順。當口罩數量開始有盈餘，便想到轉贈他人。戴師兄和同事先後將大約幾萬個口罩分別送給社區醫生和深水埗的慈善機構。他坦言，公司口罩充裕，便先送給最需要的人，這是一件很自然的事。不僅如此，戴師兄還心繫母校，聯絡同屆校友，把防疫用品送到趙中。他表示在這艱難時刻，志同道合的校友就會走在一起協助母校。



領袖特質 因時制宜

與此同時，原本做衣架生產、環保包裝等的萬美公司，也開始迅速研發並成立個人防護品部門，公司還配送數十萬個口罩到意大利及歐洲多國。戴校友坦言，在送口罩幫助別人的時候，已察覺到口罩能變成商機，但也得顧及企業的社會責任，作為公司領袖的他，有責任貢獻和回饋社會。

當時，他得知朋友從世界各地把口罩帶回來，便馬上請求友人出讓一些給自己，好讓公司能迅速研發口罩，然後供應全球。他笑指這種「有求於人」的技巧是從中學擔任領袖生長所學會的技能。此外，趙中校友，有醫生、有教授、有生產商，他們在疫情時都拔刀相助，互相鼓勵，使戴師兄更了解醫療產品的基本知識。除了口罩外，公司還不斷研發其他防護物資，例如消毒口罩機。他指出，這些「鍥而不捨」的精神也是在趙中唸書時學會的。他回想中學時期，有一天他察覺新建的花槽上沒有花，當時體育老師麥Sir著他嘗試在學校附近的河流挖泥，他還主動在住處附近收集花草回校填補花槽。戴師兄表示辦法總比困難多，不要放棄任何機會，多嘗試就能成功。



疫情下的啟發 對趙中學弟妹的勉勵

戴師兄認為這次疫情是一個難得的學習機會，而且在人生中無時無刻都在學習，他鼓勵同學要好好把握機會。另外，除了學業上的知識，同學還應主動學習其他技能。他提醒在中學學習過程中，同學應培養獨立思考、國際視野和終身學習的技能，並要緊貼時事，留意未來發展的趨勢。這些能力對於同學未來的發展都極為重要，能為自己創造有利的條件。最後，他勉勵同學，面對困難的時候，總先想想解決辦法；若然想不到，便尋求他人幫忙。無論事情有多複雜困難，總能夠克服。

後記

初次見面時，我們發現戴師兄是一位親切隨和的人，他告訴我們把這次採訪當作是一次閒談就可以，毋須太嚴肅。我們便放鬆心情，開始訪問。期間，他盡量減慢語速，好讓我們有時間把東西記錄下來。訪問結束後，他還送給我們一些小禮物，可見他是一位心思細密的人。

這次我們有幸訪問「頭抽師兄」，從他的分享中學到很多人生知識和道理，了解到他的處事態度和理念，對我們日後的人生路有莫大裨益。從中我們還體會到人間有情，戴師兄除了捐贈口罩給社會上有需要的人士和母校外，在他的私家車後車廂，還擺放了十多把雨傘，以便在下雨天隨時送給沒帶傘的人。由此可見戴師兄熱心助人，十分值得我們學習。

這次訪問，對於我們來說是一個新挑戰，不僅要學習快速記下字句，還要撰寫訪問稿，是一次寶貴的學習機會，希望不久將來能夠再跟戴師兄見面！

學生記者：4D陳曉藍 5A郭崢

攝影：鄺秉堅老師 5A馮熙哲 5B林澤鈞

戴麟師兄小檔案

1986年：本校中七畢業

1992年：出任萬美集團香港辦事處會計師

1998年：出任萬美集團新加坡營運業務總經理

2000年：出任萬美集團中國及遠東區財務總監

2002年：香港科技大學工商管理碩士畢業

2008年：出任萬美集團遠東區總裁

2012年：獲頒香港青年工業家獎



戴師兄認為作為公司的領袖首先要維持機構士氣。遇上困難要處變不驚，但也不宜過於樂觀，要多考慮公司的長遠發展。他預計這次疫情大概要維持3至5年，而公司須在未來1至3年內轉型。他要帶領同事改變公司的營運規模，將一盤舊生意重新再做一次，才能成功轉型。現今有許多人可能因生意不能轉型而提早退休，部分公司甚至破產。戴師兄又指出，疫情為世界帶來許多改變，也令很多以前不會發生的事現在都變得可行。例如教學方面，學校多用Zoom等軟件進行網上教學將是大趨勢。至於生活模式上，大家都要開始調整生活的步伐和優先次序，才能讓自己在疫境中自處。最後，他認為現在最重要的是「鬥長命」，因為健康才是最好的財富。



鳴謝校友捐贈

新冠肺炎肆虐全球，過去幾個月，香港各界陷入防疫物資短缺的窘境。然而，人間有情，正當大家為添置個人防疫物品而躊躇奔波之際，部分校友仍心繫母校，紛紛慷慨捐贈口罩、消毒搓手液等，共渡時艱。以下為捐贈物品一覽表，在此謹代表趙中師生向各位無私捐獻的校友致以最衷心的謝意。

項目	數量
口罩	8450個
口罩套	50個
消毒搓手液	855支
消毒濕紙巾	500片

Class suspension without

Are you ready to be happy and grateful?

Pursuit of Happiness Project – English Department

During the class suspension period, coverage of the pandemic dominated the news, with anecdotes of how the world had literally grinded to a halt, and the inextricable impact of the pandemic on everyone, regardless of age, gender and nationality. As the pandemic took a toll on the mental, emotional and physical development of people, the English Department took English activities online and organized a whole-school activity titled 'Pursuit of Happiness Project' in March 2020. The aim of the activity was to celebrate the International Day of Happiness that is observed every year on March 20.

Happiness and gratitude – the two most fundamental yet overlooked elements that all Hong Kong citizens need most in the midst of a trying period, are the prime focuses of this project. Recognising that the class suspension period would have caused stress and anxiety to students, the English Department decided to take the opportunity to underscore the importance of happiness to the students especially during this trying period, and provide a platform for them to express their gratitude to the people who have influenced them in their lives most.

S1-S2 students and S3-S5 students were to complete two different tasks. After watching the designated video clips, S1-S2 students wrote five phrases they would say more often to express joy and kindness, while S3-S5 students had to express their gratitude to a person who has influenced them most in their lives, based on the "Science of Happiness – An Experiment in Gratitude".

The competition enjoyed a warm reception from the students, and there was an overwhelming number of entries from across all levels. The entries were cloaked in warmth and humanity, which left the adjudicator, our Principal, Ms. LEE Siu-yuk, Hilda, struggling to select the best five entries to be awarded the First, Second, Third, Fourth and Fifth Prizes in each level. Students were extremely excited when they learnt about the results, and prizes they received served to encourage them to continue pursuing happiness and observing gratitude while learning English in their daily lives.

Let us continue to embrace happiness and gratitude in our lives, no matter how challenging times are. Let us remember that it's not happiness that brings gratitude, but gratitude that brings us happiness. Let us begin each day with gratitude in our hearts, and sunshine will follow.

suspending learning

The Art of Happiness – Expressing Joy and Kindness

1B Yu Hoi Kiu, Cathy



5 phrases that I should say more often:

No one else is willing to do that, so that's what I will do.

I can't do everything today, but I will take one small step.

Even if we disagree with each other, we can still be friends.

You are worthy. You deserve it.

We're not humans unless we make mistakes.

Reflection:

During the school suspension period, I read a book titled "Little Women". It is a very meaningful book. The story is about four poor girls who want to be rich because they do not like their poor family. They always complain about their lives. After hearing that, the girls' mother lets the girls go on a trip with a rich family for a week. After the trip, the girls do not complain anymore because they are not happy on the trip with the rich family.

After reading the book, I understand what happiness is. Although rich people may be able to buy anything they want but they cannot buy happiness. Happiness is the time we spend with those we love and happiness can be simple.

The Art of Happiness – Expressing Joy and Kindness

2A Lam Ying Mei



5 phrases that I should say more often:

No matter how bad it is, I am always here.

Smile is the sincerest heart of our hearts; it is the best medicine in face of difficulties.

Happiness can be found even in the darkest of times.

We must face tomorrow with determination, joy and bravery, whatever it may hold.

Good things come to those who smile. Have you smiled today? Keep smiling.

Reflection:

I am very happy because it is unbelievable that I have won the first prize in S2 in the Pursuit of Happiness Project.

As I want to encourage my friends when they feel down, I participated in this project. I hope those phrases can give them power and courage when they face any difficulties. It is meaningful to share happiness with others. A smile can infect others, therefore, the easiest way to bring happiness to others is simply to stay happy. Have you shared your happiness with others? Everyone can do it!

The Science of Happiness – An Experiment in Gratitude

By 3B Tong Sam Yuet



There is this one person in the world who has a huge influence on my entire life. Without her, I would not even exist. And this important person

unquestionably is the woman who gave birth to me, my mother. Before she gave birth to me, her job was a social worker, which she considered really rewarding and she did successfully. However, between her job and me, she chose me and decided to give up her job. She has become a full-time housewife to take care of me and my little brother. She is not only the world's best mum but also my best friend. I always feel safe whenever she is beside me. My mother is my motivation and she always goes through the struggles with me. Whenever I feel down or helpless, she is always there to comfort me and deal with the difficulties with me together. She is also always there when I am happy. She is like a bright star in the sky that guides me to the correct path.

My mother is a positive person. She always makes me laugh when I am sad. She spends most of her free time chatting with me, and I know not many mums have time to do so as they have to work. Therefore, I am so grateful and thankful for what my mother has done for me. From the day I was born, my mother taught me how to walk, how to talk and how to behave. In addition, my mother is the most important person in my life. Because of her, I am who I am. She always tries to make me a better person and always inspires me to pursue my dream. She is really supportive. My mother always reminds me not to waste time on

electronic gadgets and I am so thankful that she keeps reminding me, otherwise I will have wasted a lot of time.

Although we might argue sometimes, I know I am the best gift she has ever received from God. Sometimes I cannot control my temper and I know it makes her sad. But she will tolerate my temper and talk to me calmly. I really want to try my best to do everything to make my mother proud. I am the luckiest child in the world.

15 years ago, my mother brought me to this wonderful world and has taken good care of me every day since then. She always wants us to have the best. My mother is the most important and influential person in my life. My mother is really important to me and I love her forever.

Reflection:

After finishing the Pursuit of Happiness project, I have learnt a lot. Apart from polishing my writing skills, the most important thing is that I, myself, can have a chance to deliver words that are hidden from the bottom of my heart for a long time to my beloved mother. If you ask me, the person who has a huge influence on me, undoubtedly is my mother. Thanks to this precious opportunity, I can finally find a path to express my gratitude to her.

Through this project, I have realized that my mother has sacrificed her career for me. She cherishes me and has done so much for me instead of pursuing her career. She chose to accompany me during my childhood. She always gives me the best and takes every opportunity to enrich my learning experiences. Her greatness and selflessness have made me become who I am and a better person.

Nowadays, I see people spending lots of time on electronic appliances such as smart phones and online games, instead of having quality time with our beloved ones. It is time for us to spend more time with our beloved ones. It is time to put down our phones and enjoy every moment with the people you love and who are important to you.

The Science of Happiness – An Experiment in Gratitude

by 4A Ng Wai Nam

I have met numerous people in my life, and for sure, they all taught me precious lessons that allow me to move forward. However, speaking of influence, none of them is as significant as my brother. Affected by his unique traits, my thought has changed and that makes my whole life completely different from that in the past.



My brother is a gentle person. One of his manifestations is that he possesses the quality of a good listener. Nowadays, it is ubiquitous that people love to express their own opinions and diminish others' melancholy while they are listening to others' whines because they think they have experienced worse than the true victims do. However, this is inappropriate of a listener to talk about his own experience and neglect the feelings of the sufferer. Unlike others, my brother always shows empathy instead of sympathy when listening to my problems. This makes me feel good as it shows that he is really listening. Besides, he can think from others' perspectives and put himself into others' shoes. This act is crucial in counselling as it reflects a mutual understanding. Beyond that, my brother has the ability to control the flow of the talk. He can guide people to discover the main reason of the problems and analyse the issues thoroughly, as well as giving apt advice at the right timing. He is able to balance the frequency of giving feedback and letting people vent. Taking care of others' feelings while engaging in the conversations, he is indeed a sweet company.

Apart from being a good listener, he is a supportive person too. I remember once he said 'the ascent of a hero is always accompanied by applause, and I will be the one who applauds.' He prefers working in shadow to enjoying the limelight. Back in the days when I was a child, I loved peacocking. One day, my siblings and I showed the origami swans we made to our parents in order to get praised and of course, we received their tremendous compliments. However, they didn't realise the reason why we could make the beautiful swans was because of my brother's coaching. Although this is just a minor event in our daily life, it shows that he is a silent contributor who never claims credits even in childhood. Despite the fact that he is not a magnate, he plays a vital role in many people's lives. He assists people to attain accomplishments and surpass expectations of themselves. He is a ladder to the summit of success. I am so proud of my brother.

On top of the benevolent nature, he also has his own way to protect others. My brother is not an articulate nor an eloquent person; he is straightforward and frank. Let's say when his friend wants to give up on pursuing his dream, in contradiction to normal people who will convince him tactfully to keep chasing his goal, my brother will seriously indicate the pros and cons, and the consequences of quitting because he believes what his friend needs is confrontation of the reality rather than just words of comfort. Despite his tough words, we all can sense the tenderness behind the cruel façade that he means well.

However, everyone has a fierce side, even the gentlest one, my brother is no exception. Whenever someone taunts him, he just laughs it off but when it comes to his family and friends, he

can no longer maintain his poise. He will transform from a tame lamb to an intimidating tiger. His intense, furious gaze and the threatening face is enough to deter the mob from giggling about his kin and peers. As far as I know him, he never cares about himself, the only thing he cares about is the ones he adores. He doesn't want his beloved ones to get hurt in whatever ways; he can't bear the agony of it.

Although he is not perfect, he is competent as a buddy, a son, as well as a brother. He is the most trustworthy and the strongest shield that supports the people around him to achieve feats and safeguards us from perils. Comprehending his gracious personality, I am not the selfish and arrogant boy anymore. I want to be like him, I yearn for compassion in this vicious world to cure and help others like what my brother does. Hence, I am studying hard to acquire knowledge, not only for myself, but also for the people in the surroundings. Intelligence grants me the power to save others from the malicious society. In the end, I want to express my heartfelt gratitude to my brother — my dear brother, thanks for everything!

Reflection:

I am honoured to be awarded the first prize in S4 in the Pursuit of Happiness Project and I would like to take this opportunity to express my feelings towards this project.

In my opinion, this activity is undoubtedly meaningful and educational as it reminds me of a long-forgotten yet paramount element in life — appreciation. Hong Kong teenagers nowadays are cynical and lack a sense of gratitude. They always groan about the living environment despite the glamorous panorama of Hong Kong. If we have time to moan, why don't we spend it on appreciating what we own? There are a lot of things that deserve our appreciation, ranging from family, economy and geographical features to biodiversity in Hong Kong. We are very fortunate to have been born in a multifaceted metropolitan city where we can enjoy many things. Squandering such a precious gift would be deplorable.

Worse still, not only do Hong Kong adolescents lack gratitude towards the things around them, but also towards their family. They are usually brought up by permissive parents and domestic helpers, who often spoil and serve them as if they are princes or princesses. As a consequence, be it washing clothes, cooking dishes or doing chores, Hong Kong students think these are things that should be done by their caretakers. Youngsters these days take everything for granted and would never express gratitude to their parents, who have devoted time, resources and energy to nurturing them. Aren't we supposed to be thankful to our parents and treat them well for their love, care and sacrifices to us?

Not everything is put on a silver platter, therefore, we should learn to appreciate things and people around us. No matter how negligible a thing is, we should be appreciative and cherish it. Appreciation is the origin of happiness.

The Science of Happiness - An Experiment in Gratitude

by 5A Tse Man Hei, Nicole



Looking back at those footprints I have made, there is always a person with me.

When I was four, I followed my brother everywhere and did whatever he did. Today, I continue to follow the route he has chosen. He is literally my role model. I am grateful to be his sister. Despite the fact that we fought a lot, we still care about each other. He gave me enormous help whenever I faced obstacles; he brought me joy whenever I was in unpleasant situations. Both of us aren't good at expressing ourselves, so we do something for each other rather than talk.

I recall when I had my first piano competition, he was there for me. At that time, I was eight, and it was my first time performing in front of 200 people. I was sweating all the way to the stage. After my brother's performance, it was my turn. Unfortunately, I kept making mistakes due to anxiety, and in the middle of the song, I heard people laughing. As I was the only one performing then, I believed that they were laughing at the mistakes I had made. I completed the piece with trembling hands and ran to the backstage fearfully. I listened to the other competitors and they all had successful performances. I was depressed seeing all the big smiles on their faces.

I recall how my brother had attempted to alleviate my sorrow by sharing with me how much worse he had fared in first performance. At the age of eight, I just found his story hilarious and I knew he only wanted me to feel better, so I would keep trying and not be disheartened. That experience made me understand that everyone has a first try in something, and whether the first try is good or not, we must remember that the first try is only the start of a potentially successful endeavour. Thanks to my brother, I learnt to look at the silver lining even when the clouds are dark. Thanks to my brother, I had an inspiring childhood.

My brother isn't a perfect or brilliant person, but he has definitely influenced vastly to be a better person – not only for myself, but for others around me.

"I had a brother who was my savior, and who made my childhood bearable." – Maurice Sendak

Reflection:

Obtaining happiness is not as difficult as we think it to be - the key to achieving happiness is simply showing your gratitude. In this modern society, we are well-trained with the skills of hiding our feelings and ill-equipped with the expression of our feelings. Through this project, I finally learnt how to express my feelings towards my brother.

The first time I saw this project, I meditated on my feelings towards my brother. We often fight and never have a deep talk. Even I do not really know how grateful I am for, and towards him. Conflicts often occur due to misunderstandings, and this task has helped to solve the problem.

After participating in this project, I talked to my inner self and the childhood memories floated back. It was surprising that I laughed a lot at that time, and all along there was always my brother. I realized then that he is the person who brings me enormous joy all the time. Only by expressing my feelings on a piece of paper did I find my true self about the gratitude I have towards my brother.

This task has brought me the determination to reveal my feelings truly. I always assume that others, or even myself, understand how I feel even without saying much, but the truth is a resounding 'no'. Up till the moment I wrote my feelings towards my brother, I was moved to tears and realised then how thankful I am. At the age of sixteen, I am overwhelmed with anxiety and depression. Through this task, I have learnt to find happiness effortlessly.

Sometimes, happiness is around us but since we are overwhelmed with discouragement and negative thoughts, we can't feel any joy at all. This project has encouraged us to face our inner feelings, so we can feel what happiness is without doing anything 'big'.

How do you show your care to people around you?

S3 Slogan Writing Competition – English Department

Theme: Care

During the period of class suspension, in conjunction with The Pursuit of Happiness project, the English Department organized the S3 Slogan Writing Competition themed 'Care' in March 2020, in the spirit of encouraging students to care for, and show empathy to their family, friends and those in their community.

Students' enthusiasm for the competition was well-reflected in the number of entries we received. We were delighted to have had our Principal, Ms. LEE Siu-yuk, Hilda, to adjudicate the entries for the tasks. Five best entries were selected to be awarded the First, Second, Third, Fourth and Fifth Prizes.

First Prize
3B Lee Yue
*Family and friends
we care
Happiness and love
we share*



Second Prize
3B Lo Cho-kiu
We flourish with care, students' well-being is what our school cares.

Third Prize
3A Yeung Tsz-yan
Care is a way to communicate with the others, Care is a way to be concerned about the others, Care is the most basic but essential way to love the others.

Fourth Prize
3A Fan Sau-fung
If we care for everyone around us, this world will be filled with happiness.

Fifth Prize
3A Man Lok
Once you care about other people, your day will be beautiful.

Prize-Presentation Ceremony for Pursuit of Happiness Project and S3 Slogan Writing Competition

A small-scale yet joyful prize-presentation ceremony for the Pursuit of Happiness Project and the S3 Slogan Writing Competition was held on 17 June 2020. Our Principal, Ms. LEE Siu-yuk, Hilda, presented prizes to the prize-winners and inspired them with words of encouragement. Ms. LEE showed her appreciation to the prize-winners who possess passion for learning English, and for taking the effort to pay attention to the things and people surrounding them, especially during the tough times. She encouraged them to continue learning, pursuing happiness and caring about others as these are basic building blocks of humanity.

Though prize-winners were all masked because of the pandemic, we could still see joy on their faces as their efforts in learning as well as promoting positive messages to their schoolmates were well-recognised.



停課不停學



「We 正向動力」 標語創作比賽

新冠肺炎肆虐全球，本港學校停課良久，同學若然稍欠自律，定必影響深遠。中文科、學生發展組及德育組合辦了「We 正向動力」標語創作比賽，透過標語創作鼓勵同學在停課期間也要志向遠大，逆境自強，建立正確的人生觀及價值觀。我們更邀請不同屆別的校友為得獎標語設計了精美的德育書籤，然後印製並派發給各同學。

得獎名單及標語如下：

初中組



▲ 冠軍 1B 陳曉雪



▲ 亞軍 1A 梁嘉浩



▲ 季軍 3A 趙洵彥



▲ 冠軍 4A 何殷悅



▲ 亞軍 5A 謝旻羲



▲ 季軍 5D 林芷蕎

高中組

中文科晨讀計劃

晨讀大使閱讀分享

本校與家長教師會每學年均合辦中一、中二級中文科及英文科晨早閱讀計劃，旨在加強閱讀風氣，家長義工還會走進課室，跟同學互相分享閱讀心得。本年度下學期晨讀活動原訂於3月展開，並計劃讓中三至中五級擔任中文科晨讀大使之同學，到各班向學弟學妹做閱讀分享。

惟鑑於新冠肺炎疫情持續，6月上旬復課後也未能繼續進行晨讀活動。因此，負責老師改以電郵形式，給中一及中二級同學發放部分晨讀大使的書面分享，希望他們能善用閒暇，把握難得的機會跟學長學習並擴闊個人視野。

3A 林祖耀

書名：《淘氣故事集》

作者：侯文詠

出版社：皇冠文化出版社有限公司

內容大要：

這本書主要是敘述主角這個淘氣男孩闖下的小禍事，例如：他用毛筆幫妹妹畫美術作業，結果意外塗成一片黑，鬼靈精怪的他竟然把這幅畫的標題改為「沒有星星的夜晚」；他因犯錯而被祖母罰坐在地上的小圈圈裏，機靈的他居然想出妙招，可以不超出圈圈卻能到處亂跑……其實他也不是那麼頑皮，只是有時會運用一些小聰明發揮一些小創意了吧！還有一些「純屬意外」的事件就更不在控制範圍了，像他只是安安靜靜地摺紙，結果卻造成全班撕作業簿換紙玩具的風潮；為了配合老祖母省公車票錢，只好裝幼稚躲車長；拼了命學會騎單車，卻不知道怎麼停下來……種種「無厘頭」的事件，讓人看得哭笑不得！

感想：

我覺得這本書十分有趣。此書貼近我們的日常生活，令我們容易產生共鳴。此外，作者還把自己的童年生趣地記錄下來，使讀者覺得十分真實，絕不像是虛構的。此外，作者文筆流暢讓讀者閱讀起來感到十分順暢舒服。還有作者在序中道出自己是抱著一個輕鬆愉快的心情態度去寫作，才使整個作品具有感染力。作者還透過描寫一些簡單有趣的事件來教育現今的孩子一些道理，以及讓他們自己領悟真理，並反思自己。例如：他拼命學會了騎單車卻不懂怎樣停下來，就充分說明了做事不能一步登天，理應循序漸進。這就是我喜歡這本書的主要原因。

3A 黃倩文

書名：《雙胞胎》

作者：linb(Div)

出版社：水瓶文化

內容大要：

一對流著相同血液的雙胞胎兄弟，被醫生宣判罹患心臟疾病，如果保持規律正常的生活，可以多存活二十年，如果盡情揮灑生命就只剩下五年的壽命。哥哥與弟弟這對截然不同的雙胞胎，因為他們不同的抉擇，讓他們踏上不同的人生旅途。他們的選擇沒有所謂的對與錯，只有對彼此不捨的牽掛，他們用自己的方式過生活，把握每一分每一秒勇敢的活下來，活得精采、踏實。兄弟倆截然不同的選擇讓他們遇見不一樣的人、不一樣的事物，也以不一樣的態度來面對，透過兩人的故事讓我們了解到生命的可貴。

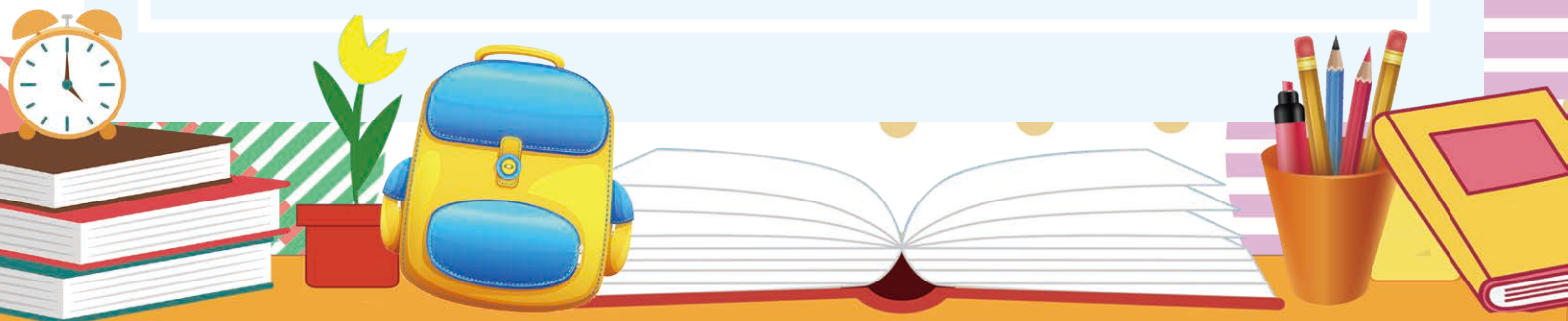
當兩兄弟被醫生宣判罹患心臟疾病時，他們知道自己即將展開一場前所未有的生命旅程。哥哥選擇過著平靜安穩的生活，安然渡過二十年，弟弟則選擇用五年的時間走遍全世界，用生命寫下一本又一本的冒險書籍。不管未來是好是壞，他們只知道要勇敢的活下去，也因為生了這種大病，讓他們學會去珍惜自己的生命，去珍惜所有愛他們的人，也更珍惜「彼此」。

感想：

人，總是等到「失去」才知道什麼叫做「珍惜」。千金難買「早知道」，許多事情是不能回頭的。「如果你只剩下三個月的時間可以活，你想做什麼？」我相信，很多人或許常常被問及這個問題，可是一時之間真的令人難以回答，對吧？因為現代人過得舒適，生活又如此忙碌，怎麼會無緣無故讓一個問題困擾自己呢？另外有些人則認為：「怎麼可能是我？」沒錯，大家都認為自己不會碰到那些倒楣事。就拿《一公升的眼淚》中的亞也來說，連她自己也沒想到會罹患「小腦脊髓萎縮症」，可是她卻比我們這些正常人活得更更有價值。所以誰說要活得久？我認為活出自己才是最重要的。

在人生這趟旅程上，處處會面臨需要我們抉擇的關鍵時刻，沒有所謂的對錯，只有活出自己的風格。對於同一件事情，每一個人都有自己獨特的見解。好比這對雙胞胎，他們選擇的是與彼此截然不同的人生旅途，但是卻有個共同點——勇敢地活下去。沒錯，正是這股無形的力量在支持著他們，以個人的方式活出自己，沒有強求，只有用心去感受生命裏的分秒。去努力，去快樂，去悲傷，也學著去珍惜。弟弟是標準的實踐派，短短的三天便辦了休學。在六個月裏，他走過崩場的柏林圍牆，走過一片碧海藍天的希臘，走過熱情的意大利。這六個月，對地球上大多數的人來說或許不算什麼！對弟弟而言，他卻已經花了生命的十分之一。這六個月，他了解到各地的風土民情，了解到「世界那麼大」。只是我們少了「一份心」。

假設今天給你選擇哥哥或弟弟的做法，你會如何選擇呢？至於我，我想我會選擇像弟弟一樣，用這僅餘的五年時間去走遍全世界。在每個地方留下屬於自己的「痕跡」，用心去感受這世界上的每一種事物，不管是悲傷、快樂、怨恨或是包容。就像弟弟一樣，在旅行中尋找一處生命的出口，找到生命的價值，體會生命的意義。雖然和哥哥的二十年壽命相比，這五年的確不算什麼，大部分的人對這五年的時間根本不放在眼裏。但是，對弟弟來說，這五年他體會到生命的珍貴，親情、友情、愛情對他的重要。因此不管未來的路有多辛苦，對他而言已經不算什麼。



3D 李曼萱

書名：《香港能只剩下最後24人》
作者：張晨
出版社：亮光文化有限公司

感想：

一個弱肉強食的世界，一幕幕互相殘殺的場面，相隔四年張晨終於又出了兩本實體書。一如以往，作者描寫的場面，以及打鬥的過程依舊那麼生動誘人。24這個數字看似多，但相比起七百萬，可真是十分殘忍，24是聯合國分配給香港的生存配額，利用自己的身份證到ATM插入便可得知全港的生還人數，輸入他人的本名和出生日期便可得知是否生還和所在地。當文明淪陷之際，武力便將其取而代之。

小說以四季劃分，而這本書就寫了春、夏兩季的故事。由此可見，這本書是未完結的，但在這短短的二百多頁裏，作者利用一字一句，寫出了人與人之間的互相信任到仇恨、背叛、報復與權力的重要，還有利益和希望等人性課題。當街道上佈滿屍體成為日常，人民開始麻木，到處撕殺已成常態，在小說中的那個世界，每個人都是生於亂世，在亂世中，必定會有領導者與服從者，在那個世界，網絡、電源都被切斷，人們自然會與身邊的人結合起來，想辦法生存，誰都想活到最後，方法也是各有各的，要統一十分困難，唯有互相殘殺。

閱讀這本書的同時，我想假如香港真的只能剩下最後24個人，我又會以怎麼樣的形式存在？當然很多人都認為不用理會什麼24個人，好好生存不就好了嗎？然而，倘若真的到了那個互相猜疑的時候，一不小心便會死，不是你死便是我亡，階梯都是由一具又一具的屍體建立而成的，要生存，就必須學會弱肉強食的道理。最後，試想想，你又會活到最後嗎？

5C 程翠瑩

書名：《相聚一刻館》
作者：車人
出版社：山邊出版社有限公司

感想：

這本書的主題是關於夢想，相信每個人小時候都有一個夢想：有人希望長大後成為廚師，有人希望長大後成為名人，有人希望長大後成為一名老師……雖然每個人的夢想都

不同，但實現夢想的旅程全充滿着汗水及艱辛。在追夢的道路上從不一帆風順，我們可能會遇上各種挫折，會有失落或低谷的時候，與此同時，還有不同種類的困難在考驗自己的決心。因此，當我們面臨考驗的時候，不應輕易放棄我們的夢想。若我們放棄了，我們以往所付出的努力將會如同河水般付諸東流。

有見及此，我們要堅持自己的夢想，若因為眼前短暫的辛苦而放棄自己的夢想，我們的人生便會出現一個無法彌補的遺憾。我相信只要大家堅持不懈，我們的夢想總會有實現的一天。

內容大要：

這本書講述一群來自世界各地的少女，在韓國成為練習生後的艱辛，以及組成團體的過程，如：練習歌唱舞蹈、考核等。故事中的主角秀智最終跟其他少女成功出道。

感想：

對於熱愛韓國流行音樂的我而言，這本書提醒我崇拜偶像的同時，還要瞭解其背後的艱辛，從中鼓勵我用堅持的態度面對各種困難。當我們欣賞偶像在台上自信的表演時，往往會忽略他們背後所付出的汗水和努力。每個藝人出道前都花了許多年去訓練自己。出道後，他們還需要長時間訓練，力求完美。在疲憊的時候，還要看到網上惡意攻擊自己的言論，不少藝人因受到網路暴力而患上抑鬱症。

雖然藝人在演藝過程中遇到挫折和抨擊，但他們仍然堅持自己喜愛舞台的心，努力練習為觀眾帶來精彩的演出。當中鼓勵我不需為挫折而放棄自己心中的理想。每個人都會遇到不同的挫折，我們要擁有強大的抗逆力，並將遇到的挫折轉化成一次次對自身的考驗，減輕壓力。我們還需要以正面的態度迎接它，讓自己有所進步。

希望這本書能為大家提供正能量，對抗逆境。

5D 韋樂怡

書名：《擁抱世界正能量3：韓國女團的夢想舞台》
作者：關麗珊
出版社：新雅文化事業有限公司

CLSMSS 跨學科 閱讀問答比賽 2020

跨學科閱讀推廣組連同圖書館在停課期間為同學設計了跨學科閱讀問答比賽，希望透過比賽，鼓勵同學多使用校本電子書HyRead eBook及公共圖書館電子書，停課不停「讀」。比賽已圓滿結束，得獎名單如下：

冠軍：1B 陳曉雪

亞軍：1A 陳芷晴

季軍：2A 趙穎莉

最踴躍參與獎：1B

佳作分享（3B 戴文敏）

「我認同憂憂熊的說法。像憂憂熊所說，煩惱有各式各樣的種類，小至午飯吃什麼，大至工作沒完成。可煩惱是會堆積的，一個煩惱解決後，另一個煩惱又湧現了。每天沒完沒了孤獨地解決煩惱，終有一天壓力會像炸彈般沒有預兆地爆炸。因此找到適合的排放管是十分重要的，找你相信的人商量，是一個很不錯的選擇。無法與任何人商量，會更加痛苦，因此我認同憂憂熊的說法。」

我「賞」讚你心意 E-card 設計比賽

為了宣揚欣賞、讚美的精神，鼓勵同學能學會欣賞及學習別人的優點，多說讚美、鼓勵的話，德育組舉辦了班際「我【賞】讚你心意E-card設計比賽」，得獎作品將印製成心意卡，派發予同學互贈，化心意為行動。得獎班別如下：



4C 冠軍



2B 亞軍



5C 季軍

疫情中的正面情緒與正向思維

在停課期間，健康校園計劃及學生發展委員會通過電郵傳送不同的電子訊息，如短文、圖像、電子簡報和影片（見下），為全體老師和各級同學打氣並提供健康資訊，希望大家在面對疫情時能振作精神，保持身心健康以及樂觀正面的心態。



身心健康資訊

中一至中三：正確佩戴、丟棄口罩的方法；

口罩收納夾製作方法

中四至中五：飲食和情緒健康；愉快心情食譜

中一至中六：疫情下的各種情緒反應及處理方法

中一至中六：積極樂觀面對「疫」境

打氣訊息

中六：打氣信；應試物品一覽表；紓壓音樂分享

中一至中六：同心抗疫 whatsapp sticker 為大家打打氣

全校老師：打氣信；感恩畫作

CLSMSS 悅讀 FUN 享



停課不停學，為了鼓勵同學在家也不忘閱讀，跨學科閱讀推廣組建立了「CLSMSS悅讀FUN享」網上平台，這是一個趙中專屬的閱讀分享平台，裏面上載了不同年級同學及不同屆別校友的好書分享影片，希望同學能善用平台，建立良好的閱讀習慣，並多與同儕交流、分享。跨學科閱讀推廣組鼓勵同學自行拍攝閱讀分享影片，收到投稿影片後，推廣組會適時更新平台資訊。

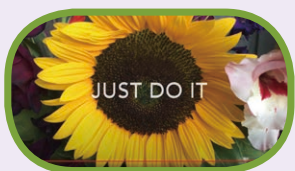


德育演講短片

停課期間，德育組為同學預備了六段德育演講分享，主題分別為「逆境自強」、「訂立目標」、「正向思維」、「安份守己 感恩知足」、「謙虛」、「Impossible is Nothing」，希望透過德育分享，與同學同行，一起建立正確的價值觀。

逆境自強

希望在停課期間，勉勵同學，哪怕面對困頓，都能不矢志氣，用過人的鬥志戰勝苦難，在黑夜中綻放光芒。



訂立目標

疫症肆虐，本港停課已有兩個多月，若然同學沒有為自己訂立目標，終日在家中無所事事，便會像一隻孤舟，在大海上載浮載沉，失卻方向，迷惘萬分。因此，為自己訂立目標是必須的，小至完成某一科的功課或複習某學科某範圍；大如確立志向，想辦法裝備自己，邁向目標。這樣，生活才會更有意義，精彩充實。

正向思維

一個人的思維往往牽引著相應的行為，思想正面的人大多積極樂觀，活力充沛；反之，思想負面的人多半消極悲觀，終日意志消沉，情緒低落。正向思維猶如黑夜中的繁星，猶如寒冬中的炭火，猶如荒漠中的甘泉，為人帶來曙光，為人帶來希望。「你的態度如何，你的日子也必如何」態度改變一切，只要能正



向思維，凡事抱持積極樂觀的態度，便會發現前路機遇處處，機會就在你掌心之中。

安份守己 感恩知足

只要活在當下，好好感受生活的每一個細節，或許便能發現身邊的一事一物，都有其美好之處：母親弄的一頓飯、朋友的一句鼓勵說話、新聞傳來的一則好消息、抬頭看見的一片藍天……點點滴滴，都彷彿在祝福着我們，值得我們感恩。只要懂得感恩知足，便會發現，你擁有最美好的。安安份份，簡簡單單，幸福很簡單，簡單就是幸福。



謙虛

「謙虛」是我們自小已學習的課題，不過往往知易行難。青少年在成長期中，往往較為自我中心，渴望得到他人肯定。得到別人的讚美當然值得鼓舞，不過若然一個不留神，沾沾自喜，被自滿沖昏頭腦，滿足於現狀，不思進取，原地踏步，那就成了成長的絆腳石，所謂「滿招損」正是此意。



Impossible is Nothing

How many of us go through life hanging onto a belief that we cannot do something, simply because we failed at it once before? Just show your courage, be determined, and you will find that nothing is impossible.

跨學科閱讀書法比賽

停課不停學，跨學科閱讀推廣組連同中文科及圖書館為同學節選了富營養的文章段落，希望透過書法比賽，讓同學細味文字背後的深意，並通過廣泛閱讀增進知識及體會讀書之趣。各級得獎名單如下：

中一級：

冠軍：1D 邱文珣

亞軍：1D 黃穎文

季軍：1D 李雪梅

優異獎：1B 梁映悅、1B 黃希怡、1C 張鎔欣

中三級：

冠軍：3B 劉曉君

亞軍：3B 張靜瑤

季軍：3A 葉慧琳

優異獎：3A 王聖提、3A 林祖搖、3B 李悅

中五級：

冠軍：5D 傅莉娜

亞軍：5C 文慧妍

季軍：5B 陳彥端

優異獎：5A 鄭綽滢、5A 麥煥宜、5B 李盈莉

中二級：

冠軍：2A 陳梓冲

亞軍：2B 趙韻晴

季軍：2B 徐沁

優異獎：2A 簡希桐、2A 張雅麗、2C 邵天朗

中四級：

冠軍：4D 陳曉藍

亞軍：4A 楊尚樺

季軍：4D 鄧穎嫻

優異獎：4B 王敏儀、4C 張彩方、4C 徐靖雯



3B 劉曉君

《讀書和迷藏》（節錄）三毛

除了文哲的書籍之外，我也是看數理化學和自然書籍的。當年，我深恨英文，可是父親定要我每天背誦一篇英文短篇小說，我也曾恨死那些外國字了，也曾一面背一面流淚。後來，背成了習慣，懂得欣賞到音節與文法變化的極美，慢慢地便愛上語文，一生癡迷忘返。

3B 張靜瑤

《讀書和迷藏》（節錄）三毛

除了文哲的書籍之外，我也是看數理化學和自然書籍的。當年，我深恨英文，可是父親定要我每天背誦一篇英文短篇小說，我也曾恨死那些外國字了，也曾一面背一面流淚。後來，背成了習慣，懂得欣賞到音節與文法變化的極美，慢慢地便愛上語文，一生癡迷忘返。

3A 葉慧琳

《讀書和迷藏》（節錄）三毛

我的看法是：學問是一張網，必須一個結一個結的連起來，不要有太大的破洞才能網到一條大魚。而學問的基礎，事實上在我們進入幼稚園、小學、初中的這幾個階段中，都漸漸在向下扎根，每一個階段都是一個又一個漁網的結，缺了一個結，便不牢固了。基礎是重要的東西，沒有根基的人，將來走任何一條路都比那些基礎深厚的人來得辛苦如單薄。

5D 傅莉娜

《校長畢業了：亦師亦友心底話》（節錄）沈祖堯

書中最觸動我的一段，是狐狸對即將離牠而去的小王子說：「你走後，每當風吹麥田，麥穗起舞，麥子的顏色就會提醒我，有個金黃色頭髮的王子，曾經走進我的生命，並和我有過美好的相遇。」這份感覺，真是一輩子的事。盼我們都學會珍惜身邊的人，珍惜自己成長的城市，並讓我們用心愛過的人和物，成為我們一生美麗的回憶。

5C 文慧妍

《校長畢業了：亦師亦友心底話》（節錄）沈祖堯

正如狐狸對小王子說，人與人要建立「馴服」的關係，需要用心去發展和培育，需要投入時間和感情，是故即使我們的父母年紀老邁，我們的老伴國華不再，我們的子女不甚長進，我們也應該用最大的寬容和愛心，去給他們幫助，扶持和鼓勵。為什麼呢？原因很簡單，這就是周保松書中特別強調的兩個字：在乎（care）。因為我們在乎，所以我們願意不計代價地，付出我們的時間，精力和感情。

5B 陳彥端

《校長畢業了：亦師亦友心底話》（節錄）沈祖堯

書中最觸動我的一段，是狐狸對即將離牠而去的小王子說：「你走後，每當風吹麥田，麥穗起舞，麥子的顏色就會提醒我，有個金黃色頭髮的王子，曾經走進我的生命，並和我有過美好的相遇。」這份感覺，真是一輩子的事。盼望我們都學會珍惜身邊的人，珍惜自己成長的城市，並讓我們用心愛過的人和物，成為我們一生美麗的回憶。

停課期間網上教學

受新冠肺炎疫情影響，全港學校自春節假期後停課。由於復課無期，本校在2月下旬開始籌劃網上教學，以便學生於停課期間仍能在家持續學習。校方先在3月3日為老師舉辦了一場「Zoom實時教學工作坊」，介紹和示範Zoom的基本操作。其後，重新編定一至中五各級上課時間表，使各班能有系統地進行網上教學。網上教學從3月中旬開始，直至教育局宣佈於5月底6月初分階段復課為止，歷時兩個多月。

學生感想



3B 黃玉婷

雖然網上實時課堂存在一定的缺陷，但對此我是持正面態度的。首先，網上課堂給我們提供了一個更多元化的學習模式。例如在中文課上，我們體驗了即時寫作分享，能馬上看到其他同學的奇思妙想之餘，老師也能立刻點評和修正。其次，網上授課增加了師生之間的互動，遇到問題時，我們可以線上詢問老師，這樣就避免了與老師面對面的緊張。此外，網上學習還有課堂回放功能，上課聽不懂的知識點，筆記沒寫完的內容，都可以通過課程回放來完成。可以說，網課充分利用了互聯網的便利來輔助學習。

儘管這段網課時光只是我們漫漫人生路上的一段小插曲，但我還是十分感恩，它既讓我體驗到另一種形式的課堂，也教會了我自律。

3C 江天恩

從3月初到5月下旬，我們一直在網上進行實時教學，於我而言，這並不是一件容易的事。因為在家中上課並不像在課室上課時那麼專心，最初很容易被其他事物所吸引，常東張西望；到了後期才較為習慣，但有時也會因網絡問題導致錯過部分課堂內容。網上教學的好處則是同學可以透過錄製的影片回顧有關內容，在複習時十分有幫助。另一方面，這段網上教學期間的功課絕不比平日在校時的少，每天平均有5、6份課業。雖然我能完成所有功課，但是當中花了不少時間，挺吃力的啊！

5A 郭峰

疫情期間，教育局宣布停課。但停課不停學，早前我們多了使用電子學習軟件，例如zoom、google meet等在網上進行教學。由於我們從來沒有嘗試過網上學習，定必帶來不少新鮮感。老師除了在螢幕上顯示教材，還有播放教學影片、電影片段等，更有老師在學校直播做實驗，有助提高學習效能，令課堂教學更多元化，饒富趣味。可是在過程中，也出現了不少技術上的問題，例如一開始時不熟悉軟件運作，又嘗試過因家中連線速度緩慢，令收音不佳，甚至連線中斷。整體而言，網上教學雖然仍有改善的空間，但讓我的停課生活更充實、更有意義。

3B 戴文敏

2020年初，一場突如其來的病毒，把我們的生活和學習節奏打亂，學校通知我們「停課不停學，網絡授課。」2月24日，第一次上網課。而第一節上的是歷史課，我提前準備筆記，按下了鏈結的那一刻，我感到十分緊張和好奇，這種心情整整維持了一個月，期間雖然面對不少困難，例如：家裏網絡不穩定、不習慣沒有同學和老師在身邊等等，最後總算適應了。

在這段網課學習期間，我漸漸感受到網上學習的好處。網課可以反復回看，幫助學生理解較難的知識點。我們只需攜帶一部手機或手提電腦，便可以進行線上學習，學習不再受地域限制，省下了不少交通往來的時間。上午上畢網課，學校給予我們午間自習時間，讓我們有時間查漏補缺，真是彎道超車的好機會！

上網課的體驗也很不錯，儘管不及在學校上課時能和老師、同學面對面交流，不過學科老師十分努力地授課，盡力營造在學校學習的氣氛。例如有學科老師會以Google form的形式和我們進行互動，讓我們寫下自己的意見，有老師甚至以此形式讓我們上課默書。老師還會經常提問，讓我們使用麥克風回答。

網課於我而言是一種嶄新的學習形式，它讓我更珍惜與同學一起學習的機會。

4A 吳偉南

網上學習的彈性遠較正式課堂高，撇除上午固定時段的實時教學外，大部分老師都會額外上載片段教授課程內容。學生能夠因應個人學習進度及日程安排來決定何時觀看教學片段，毋須跟從固定的時間表上課。

另外，我認為網上教學的另一好處是老師能更了解學生學習情況，並作適當的跟進及調整。例如：經濟科老師會在實時教學期間要求同學輪流背默，讓老師了解不同學生的進度。又如化學科，老師會在學生掌握基本知識後，篩選題目供學生作答，並上載詳細的解題影片。學生又能在網上平台向老師發問，對課程能有更深入的認識。平日課堂緊湊，未必有時間讓師生就課堂內容上有所交流，而網上教學正好彌補箇中不足。

我認為網上教學能輔助日常課堂，達至更好的學習成果。

5D 鄧穎瑤

隨着疫情擴散，復課無期，我們開始了網上實時課堂，這個體驗着實帶來了新鮮感。猶記得第一天開始Zoom課堂期待地打開電腦的一刻。對網上教學同樣是「新手」的老師們非常用心地準備各種筆記和編排教學流程，使我們能充實地完成一週一次的課堂。老師會在課堂上播放簡報、聆聽錄音和電影，又會在電子書上跟我們同步做筆記，讓我發現其實網上實時課堂不是一件複雜困難的事，在一定程度上還便利了我們，讓我們能安坐家中學習，更能節省紙張呢！真期待日後上課模式會有怎麼樣的轉變，藉此機會再次感謝勞苦功高的老師們！

「一個口罩・一點亮光」

「新型冠狀病毒」突襲香港，疫情持續，口罩短缺，不少人為買口罩而四出奔波，也有不少人願意伸出援手，贈送口罩給其他有需要的人，在黑暗中帶來一點亮光，為這個寒冷的春天帶來一點人間溫暖。學生發展委員會在停課期間舉辦了以「一個口罩・一點亮光」為主題的短文寫作比賽，旨在透過短片及新聞，啟發同學從逆境中發現正能量，並體會同舟共濟、互助解憂的意義。

短文寫作比賽

得獎名單如下（排名不分先後）：

初級組優異獎：3B 張琬琳、3B 黃鈺婷、3C 吳睿怡

高級組優異獎：4D 陳如儀、5A 郭 嶢、5D 傅莉娜



高中組佳作選 5D 傅莉娜

一個口罩・一點亮光

二零二零年新型冠狀病毒肆虐全球，殘留着零三年沙士陰霾的港人，人心惶惶，口罩緊絀更將港人推進恐慌及絕望的深淵。而我卻在最深的絕望裏，遇見最美的風景。

在網上排隊抑或是到店鋪買口罩成為港人每早的必做任務，無奈在「一罩難求」下，口罩成為有錢買不到、可遇不可求的奢侈品，使市民無可奈何、束手無策。有商家更把握「商機」，大量囤貨，高價炒賣一盒盒以前唾手可得的口罩，以致短期暴富，盡發國難財，也盡顯人性的貪婪及自私。面對眼前不斷上升的確診案例及口罩價格，市民對此感到無措、無奈，更多的是買不到口罩所帶來的絕望和消沉，讓這顆東方之珠在短時間蒙上一層揮之不去的陰霾。「時窮節乃見，一一垂丹青」，我在最冷的春天裏，看見最亮的火。即使「一罩難求」，很多香港人也會免費派口罩給其他人，共同抗疫，共渡難關，成為黑暗中最亮的一道光。當中有的是父子，有的是青年，有的是商人，他們的身份與你我無別——香港人。香港人在來勢洶洶的疫情下，守望相助，同舟共濟，看似一個普通的口罩，背後藏着港人的關愛及深厚的情誼，派口罩的舉動更蘊含香港的「獅子山精神」，讓港人燃燒自己，把關愛分給他人，共渡難關，點亮香港。

願你我都有蠟燭的心志，燃燒自己，點滴相傳，將燭火傳遞遠方沒有光照、沒有關愛、沒有希望的角落，讓無助的人得到幫助，讓溫暖洋溢於世，讓「獅子山精神」在香港流芳百世，成為香港最美的風景，讓這顆東方之珠重綻光彩。

一個口罩・一點亮光

「新型冠狀病毒肆虐全球，疫情持續惡化，確診個案升至……」

「口罩搶購潮不斷，多間藥房的口罩和酒精搓手液售罄。」

「某藥妝連鎖店出售大量口罩，逾萬市民通宵排隊……」

相信大家近期對以上這幾句說話不會感到陌生，新型冠狀病毒突襲香港，人人都害怕、厭惡，甚至避之則吉，但我卻想好好「感激」它，因為這場「沙士2.0」令我體會到香港不是一座冷漠的城市，香港不僅有着濃厚的人情味，還令我真真正正感受到香港人的「患難見真情」。

在疫情面前，一罩難求，人人自危。口罩供應短缺，人們都為了買口罩而四出奔波，即使在寒風下排上通宵也在所不惜。可是付出並不一定有收穫，有位叔叔家中只剩下極少量口罩，辛辛苦苦從凌晨開始排隊，殊不知只因一人的插隊而令他失去最後一盒口罩的名額。不幸中的大幸是排在他前面的一位青年，二話不說把自己剛買到的口罩分了一疊給叔叔，可謂「人間自有真情在」。

當然，在人人急需口罩的情況下，少不免有藥房趁機加價，「發國難財」，一盒口罩由原本的幾十元，升至幾百元，甚至上千元，這無疑是令基層家庭雪上加霜。有的老人家行動不便，再加上買不到口罩，一個口罩只好重用幾日。幸虧在黑暗中總會有一絲光明，一位父親在日本購入二十多盒口罩，但他並沒有將大量口罩囤在家中或是趁機坐地起價，反而願意與港人共渡患難，將其中十盒口罩免費派發街坊，更帶了他的兒子到現場協助派發，讓他從小體驗在危難中與港人同舟共濟，這種大公無私的行為實在值得港人學習、尊敬。

與香港人互相扶持的更有他——Harjit，他是一位在港居住十五年的印度裔商人，因之前受過香港人的恩惠，他決定即使做蝕本生意也要投桃報李，把二十萬個口罩免費派發給有需要的港人，並承諾繼續訂貨和派發，直到疫情停止。最為人敬佩的是，他在訪問中一再強調派口罩並不是為了幫自己的超市「賣廣告」。在我看來，即使我們是不一樣的膚色，不一樣的種族，卻同樣有着與港人共渡困境、守望相助的心，他和我們一樣，都是真真正正的香港人。

其實，為香港默默付出的又何止以上幾位呢？有人把自己所剩不多的口罩送給街上一位素未謀面的老人；有學生收集口罩派給清潔工人；更有藥妝店四處尋找口罩供應商，以成本價出售給市民……他們都是不求回報，不為頌讚，只想在此刻難關付出一點心力，幫助和自己站在同一片土地的人們。這令我想起歌手鄧紫棋的歌曲《平凡天使》，裏面的一句歌詞——「你是最平凡卻最溫暖的天使」，我們也許做得不多，但在我們眼中微不足道的付出，別人卻可能會感到千倍萬倍的溫暖。我們雖不能像前線抗疫人員般救死扶危，但可以站在後面與他們並肩作戰，一起努力抗疫，守護身邊的人。即使只是一個口罩，也有可能是別人黑暗中的一點亮光，而你又是是否願意做為別人帶來亮光的那位「天使」呢？

S.1 Information Day



On 7 December 2019, our school welcomed over 1000 primary school students and parents to its annual S1 Information Day.

Our Principal, Ms. LEE Siu-yuk, Hilda, gave a welcome speech to our guests. She took the opportunity to share with our guests CLSMSS's heritage and the achievements of the school – both in the academic and non-academic aspects, and reiterated the core purpose of our school – to develop CLSMSS students holistically and nurture them to be catalysts for change with robust character, equipped and willing to serve and lead in the society and global community.

After the Principal's introduction of our school, a parent representative, Mrs. LEE LOW Lai-shan shared her daughter's learning experience at CLSMSS with the guests. She expressed her heartfelt appreciation to the school for having played an instrumental role in developing her daughter both academically and personally, and nurturing her from a young girl to a mature young lady, who is ready in every way to

embrace the opportunities presented before her. Mrs. LEE also commended the strong support provided by the PTA of CLSMSS, and highlighted the close ties between the school and the alumni.

The S1 Information Day then culminated with an information and Q&A session detailing the arrangements for allocation of S1 places, and the class structure of our school in the academic year 2020-2021. In tandem with this year's event, the school has also prepared a beautifully designed prospectus for all prospective students and parents. It is a delightful showcase of our school's ethos and values, curriculum, facilities and strengths.

The S.1 Information Day was truly a wonderful opportunity for prospective students and parents to learn more about school, and our core values – Wisdom, Virtue, Progress and Honesty.



2019 - 2020 年度

「屈臣氏集團香港學生運動員獎」

5D林逸朗榮獲校方提名本年度「屈臣氏集團香港學生運動員獎」。

全港中、小學及特殊學校每年都會分別提名校內一位具運動潛質且品行優良的學生為該獎項之得獎者，而獲提名的學生還須參加主辦機構舉辦的「領袖才能工作坊」。

學生感想（5D林逸朗）

我很榮幸獲得校方的提名，給予我在運動發展上莫大的肯定和鼓勵。過去幾年，我的運動生涯過得並不容易，當中花了不少時間訓練，期間曾有一段時間發現自己沒有進步。在那段時間，我十分感恩有家人和學校的支持，令我可以專心訓練。作為一名運動員，我學會了如何分配時間，在運動和學習之間取得平衡。雖然每天放學後匆匆趕往游泳池訓練的日子過得很艱苦，但我相信努力是會有回報的，每當看見自己比賽成績有進步的時候，便會充滿成功感。

快將升讀中六的我，課程開始變得緊迫，訓練的時間相對減少。但這段時間，我會先專心應付文憑試，待公開試後我便會復操。不過，我還是會抽空游泳，當作一種減壓和舒展身心的方法吧！

學生成就



本校向來積極鼓勵學生全方位學習，故此每年都會參加由元朗區文藝協進會及元朗大會堂管理委員會有限公司協辦的「元朗區校際舞蹈比賽」。以期學生能透過比賽，提升個人舞蹈水平和學習團隊合作精神，並從增加舞台表演經驗來提升自信，以應對未來的挑戰。此外，參加比賽讓學生有機會與來自不同學校的舞者互相切磋，接觸不同的專業與文化，拓闊視野。這學年本校舞蹈學會不負眾望，再創佳績，以一齣名為《綉荷包》的中國舞勇奪「金獎」，成績令人欣喜。在此祝賀各得獎同學。

元朗區校際舞蹈比賽 2019 榮獲「金獎」

比賽日期：2019年12月18日

參與學生名單：

3A黃天恩、3B李宛玲、3C黃善汶、3D劉焯華、
3D賴懿琦、4A顏天欣、4B尹泳沂、4D陳芷蔚、
5A孫綽臨、5B曾 敏、5B梁恩熙、5D鄧可妍

學生感想（5B 梁恩熙）

整個中學生涯之中，讓我最感無悔的決定就是加入舞蹈學會。

還記得一開始，我只是一個在旁跟着前輩學習的小師妹。看到前輩們自信地展示曼妙的舞姿及耐心地為我們糾正動作，我心中的想法就是希望自己將來也能像她們一樣，成為他人眼中可靠的人。今年我有幸能繼承她們當初的角色，讓我更能體會到當中的不容易。在學習新舞蹈的過程中，不同的問題曾令我一度擔心進度跟不上，幸好一直有同伴互相支持和鼓勵，團隊間的配合變得愈來愈有默契，出來的成果每一次也有所進步。隨着時間的過去，經過導師的指導及多次的練習修改，我們從零開始逐漸排練成為一支完整的舞蹈。除了得到難以言喻的成就感外，最後更讓我們在元朗區校際舞蹈比賽奪得「金獎」的佳績。

雖然在這活動室相處的時間並不長，但曾經為同一目標前進、共同努力的片段，相信將會成為我珍貴的回憶。





哈佛書獎

為了鼓勵同學閱讀，本校推薦同學參加「哈佛書獎」計劃，三位中五級同學——5B鄭煒呈、5D莊朗藝、5D林逸朗獲獎，獲頒發證書及贈送書籍，更獲得參與哈佛書獎獎學金的資格。三位同學在停課期間飽覽群書，撰寫文章，在過程中獲得寶貴的經驗，語文能力亦見提升，實在值得欣喜。



尊師重道朗讀及說話比賽

本校十數位同學早前參加了由香港教育大學主辦的「尊師重道朗讀及說話比賽」，其中三位同學從初賽百名選手中脫穎而出，晉身決賽。三位同學在香港教育大學演講廳的台板上功架十足，表現優秀，最後3B張靜瑤勇奪初中散文朗讀組冠軍，3B尹佩兒和3B林智宇則分別獲得初中散文朗讀組及初中演講組優異獎。

學生感想（3B張靜瑤）

記得當天得知自己有幸晉身決賽的時候，我是既喜且憂的。一方面慶幸能進入決賽，一方面卻因欠缺經驗而擔憂。這次是即席朗誦比賽，事前沒有誦材，臨場只有十分鐘準備。為了好好準備比賽，老師和我們花了不少時間練習。老師教導我們先把陌生的誦材看一遍，然後用筆記下斷句的地方和關鍵詞，學習運用高低抑揚的聲線和變化多端的表情，把文字的神髓演繹出來。此外，她著我們回家對著鏡子練習和錄影，找出自己的不足，再反復練習。

比賽當天，接到誦材，我便立刻運用平時所學，於心中默唸文章。上台前，我深吸一口氣，對自己說了一聲「加油！」我抱著「一定要有所得著」的想法踏上演講台，以最好的狀態把文章演繹出來。



2019-20 Internal Awards —

First Term Examination

Award	Name of Student
Secondary 1	
First in Form	1B CHAN Hiu-suet
Second in Form	1A CHAN Tsz-ching
Third in Form	1A LAU Pong
First in Class	1A CHAN Tsz-ching 1B CHAN Hiu-suet 1C WU Lok-yi 1D WANG Wing-man
Second in Class	1A LAU Pong 1B YU Long 1C LAU Pui-hing 1D LI Suet-mui
Third in Class	1A LIN Fong-yee 1B CHAN San-leung 1C LAI Pak-him 1D YAN Lok-tung
First in English Language	1B CHAN Hiu-suet
First in Chinese Language	1B CHAN Hiu-suet
First in Mathematics	1A CHAN Tsz-ching
First in Integrated Science	1B CHAN Hiu-suet
First in Geography	1B CHAN Hiu-suet
First in Chinese History	1A LEE Yeuk-lam 1B KWONG Kin-yi 1D WANG Wing-man
First in History	1A CHAN Tsz-ching 1B CHAN Hiu-suet
First in Computer Literacy	1B CHAN Hiu-suet
First in Visual Arts	1A LEUNG Ka-ho

Award	Name of Student
Secondary 2	
First in Form	2A ZHAO Wing-lee
Second in Form	2B YIP Hei-chun
Third in Form	2B YANG Nicole Hoi-ki
First in Class	2A ZHAO Wing-lee 2B YIP Hei-chun 2C LEUNG Uen-sum 2D YANG Tsz-wang
Second in Class	2A ZHANG Ya-li 2B YANG Nicole Hoi-ki 2C LI Yi-wan 2D WONG Tsz-wai
Third in Class	2A HO Tsz-ching 2B LEUNG Ching-yan 2C YIP Siu-fan 2D XUE Ze-hang
First in English Language	2A HO Kwan-wai
First in Chinese Language	2B LUK Hiu-wai
First in Mathematics	2B CAO Shing-chun
First in Integrated Science	2B YIP Hei-chun
First in Geography	2A ZHANG Ya-li
First in Chinese History	2B CAO Shing-chun
First in History	2B YANG Nicole Hoi-ki
First in Computer Literacy	2B YANG Nicole Hoi-ki 2B YIP Hei-chun
First in Visual Arts	2A MO Lee-kwan

Award	Name of Student
Secondary 3	
First in Form	3A YEUNG Tsz-yan
Second in Form	3A YIP Wai-lam
Third in Form	3B WONG Yuk-ting
First in Class	3A YEUNG Tsz-yan 3B WONG Yuk-ting 3C NG Ka-wai 3D LAU Tsz-ho
Second in Class	3A YIP Wai-lam 3B LEUNG Ching-him 3C FUNG Tsz-yi 3D LAU Cheuk-wa
Third in Class	3A TSE Fai 3B YEUNG Ho-shing 3C LAM Wai-hong 3D TAI Juo-wen
First in English Language	3B TONG Sam-yuet Samantha
First in Chinese Language	3A CHEUNG Ka-kit
First in Mathematics	3A TSE Fai
First in Physics	3B KWOK Po-fai
First in Chemistry	3B CHOW Wing-on
First in Biology	3A YEUNG Tsz-yan
First in Geography	3A LAM Cho-yiu
First in Chinese History	3B WONG Yuk-ting
First in History	3B LO Cho-kiu
First in Computer Literacy	3C CHENG Chun-hong
First in Visual Arts	3B LAU Tsz-ching 3C NG Ka-wai
Most Improved Student Award	3D YAU Man-sum

Award	Name of Student
Secondary 4	
First in Form	4A NG Wai-nam
Second in Form	4A FUNG Wan-wai
Third in Form	4A YEUNG Shuk-ting
First in Class	4A NG Wai-nam 4B LEUNG Tsz-ching 4C LI Yui-nga 4D CHAN Hiu-lam Staria
Second in Class	4A FUNG Wan-wai 4B LAM Oi-ching 4C YEUNG Hoi-ting 4D YIM Tat-chun
Third in Class	4A YEUNG Shuk-ting 4B CHEUNG Pak-heh Bosco 4C CHAU Yue-ting 4D LAO Tsz-wai
First in English Language	4A NG Wai-nam
First in Chinese Language	4A NG Wai-nam
First in Chinese Literature	4D WONG Choi-yee
First in Mathematics (Compulsory Part)	4A NG Wai-nam
First in Mathematics (Extended Part – Module 2)	4A TSANG Ka-yu
First in Liberal Studies	4A FUNG Wan-wai
First in Physics	4A CHAN Yat-lam
First in Chemistry	4A NG Wai-nam
First in Biology	4A NG Wai-nam
First in Economics	4A TSANG Ka-yu

Award	Name of Student
First in Geography	4A LEUNG Hong-lam 4D CHUI Man-kin
First in Chinese History	4D LOK Hei-tung
First in History	4D LOK Hei-tung
First in BAFS (Accounting)	4A TSANG Ka-yu
First in Information & Communication Technology	4A LAM Ka-ching
First in Visual Arts (HKDSE)	4D SO Hau-man
Most Improved Student Award	4C LI Yui-nga

Secondary 5

First in Form	5D CHONG Long-ngai
Second in Form	5D YUEN Chun-hin
Third in Form	5A CHIU Ching-fan
First in Class	5A CHIU Ching-fan 5B TSANG Cho-yi 5C YUEN Cheuk-laam 5D CHONG Long-ngai
Second in Class	5A YEUNG Ching-lam 5B CHAN Ho-kwan 5C CHAU Chui-ying 5D YUEN Chun-hin
Third in Class	5A KWOK Jeng 5B LEUNG Yan-hei 5C LIU Ming-wai 5D CHAN Hok-yee
First in English Language	5B CHENG Wai-ching
First in Chinese Language	5A LUI Chun-ming

Award	Name of Student
First in Chinese Literature	5B TSOI Man-huen
First in Mathematics (Compulsory Part)	5A CHENG Cheuk-ying
First in Mathematics (Extended Part – Module 2)	5A KWOK Jeng
First in Liberal Studies	5D CHONG Long-ngai
First in Physics	5A YEUNG Ching-lam
First in Chemistry	5A KWOK Jeng
First in Biology	5A YEUNG Ching-lam
First in Economics	5D CHAN Hok-yee
First in Geography	5A KWOK Jeng
First in Chinese History	5D KWONG Cheuk-ying Angel
First in History	5D FU Lee-na
First in BAFS (Accounting)	5D CHONG Long-ngai
First in Information & Communication Technology	5C LAM Ka-chun
First in Visual Arts (HKDSE)	5B LI Ying-lee 5C YEUNG Fiona
First in Music (HKDSE)	5D TANG Hoi-ching
Most Improved Student Award	5D CHONG Long-ngai

EXTERNAL AWARDS

Academic		
Competition / Activity	Award / Prize	Name of Student
第71屆香港學校朗誦節	普通話詩詞獨誦——亞軍	3D LAU Cheuk-wa
The 71 th Hong Kong Schools English Speech Festival	Solo Verse Speaking - Champion	1C SUNG Ka-wun
		2A CHING Hui-ye
	Solo Verse Speaking - Second Place	4A FUNG Wan-wai
		5C CHAN Wing-kei
尊師重道朗讀及說話比賽	初中散文朗讀組——冠軍	3B CHEUNG Ching-yiu
	初中散文朗讀組——優異獎	3B WAN Pui-ye
	初中演講組——優異獎	3B LAM Chi-yu
2020 Hua Xia Cup Mathematic Olympiad Competition (Hong Kong)	First Class Honour	1A LAM Tsz-hei
	Second Class Honour	1A TANG Ho-yin
		1B CHENG Chun-yin
		1D LAM Yan-ting
		1D LAU Kin-fung
		2A LO Yin-ho
		2A NG Yat-sen
		3B YEUNG Ho-shing
「哈佛書獎」計劃	哈佛書獎	5B CHENG Wai-ching
		5D CHONG Long-ngai
		5D LAM Yat-long Anna
Sir Edward Youde Memorial Prize 2019-2020	Award and Scholarship	6A CHONG Kai-wo
		6A TSANG Ka-chung
Sports		
Competition / Activity	Award / Prize	Name of Student
元朗區校際舞蹈比賽2019	金獎	3A WONG Tin-yan
		3B LI Uen-ling
		3C WONG Sin-man
		3D LAI Yi-kei
		3D LAU Cheuk-wa
		4A NGAN Tin-yan
		4B WAN Wing-yi
		4D CHAN Cherrie
		5A SIN Cheuk-lam
		5B LEUNG Yan-hei
		5B TSANG Man
		5D TANG Ho-yin
A.S. Watson Group HK Student Sports Awards 2019-2020	Award	5D LAM Yat-long Anna

顧問：李小玉校長、王徽副校長、許瑞麒副校長

編輯委員：周紫蘭老師、梅寶蓮老師、周靜儀老師、李淑琴老師、Ms. HO-WANG Jeannette Micayla

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