

融風
二零二壹年
二月號



志學 知天

聖公會
陳融中學

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校長的話

麥耀權校長



「山不轉路轉，路不轉人轉，人不轉心轉」，這句話是引述自數年前朋友送贈給我一本打氣的書，它在漫長的疫情下也很合用。是的，除了保持社交距離，做足防疫措施，期待疫苗的面世，我們真的不知道還可以做什麼，面對工作及生活大受影響，難免感到無奈及氣餒。從另一角度看，上帝要我們面對困難及考驗，必定有其心意。與其每天意志消沈，無止境的等待，何不反思疫情帶給我們什麼正面的訊息，認識自己的不足？以下三點是我想和大家分享。

病毒是不偏心的，無論是國家元首或是平民百姓，無論是富裕群組或是草根階層，也逃不過受病毒感染的風險。無論你平日怎樣有影響力，面對病毒也束手無策，也顯得渺小。疫情讓我們學會謙卑，明白人類能力的有限。知道自己的弱點，我們才會虛心學習，懂得互相尊重，努力求進。

第二，疫情讓我們學會感恩。香港人喜歡放假去旅行，但現在不只不能去旅行，連聚餐也不容易。疫情可以短短數天帶走生命，可以使專業人士失去工作，使無數公司倒閉，使生活進入困境。這提醒我們活在當下，要愛惜身邊每一個人，要珍惜自己擁有的一切。我們目前擁有的可能並不算富足，但夠用便可以了，因為上帝必供給我們所需的，剩餘的我們也未必有能力保存。

不少活動在疫情下暫停，正好給我們空間反思自己人生的意義，和怎樣去達成自己的目標。有什麼態度和價值觀才是不變，對我們有恆久的幫助？有什麼素質及技能是值得我們去追求？是溝通能力、自我管理、協作能力、運用資訊科技能力和終身學習能力？還是去完成某電競遊戲的挑戰、去滿足別人期望而不求甚解地學習、去追求物質生活或一時的歡樂？我相信答案大家是清楚的，問題是能否貫徹始終地落實。

各位同學，相信大家明白達爾文進化論「適者生存」的道理。處身這個新時代、新常態下，我們應調整心態，轉變觀念，更好的裝備自己以迎接未來的挑戰。我和老師會與你們一起同行，為自己、家庭、學校、社會及國家開拓更好明天。

校牧的話 「疫」境自強 Cheer Up, Power UP!

陳澤滿先生

麥校長、各位老師、各位家長、各位同學：

願你們平安！自從2019年年尾開始，影響著全球的新型冠狀病毒讓全球的人都受到不同程度的影響。對同學們最直接的影響，莫過於大部份的同學只能透過網絡繼續學習，不能回校上課，不能有實體的比賽和活動。應屆的中六同學，對於你們更是具挑戰性的一年。

在疫情的影響下，在困難中我們仍可發現值得感恩的事和讓自己成長的機會。家長們可以透過在家工作的時間與同學們多一些正向的溝通和表達關心。同學們可以培養自主學習的能力，學習自律和分配時間來溫習。對熱心教學的老師們，我們也特別感謝你的犧牲，陪伴和教育莘莘學子們如何面對逆境。

聖經中有一句說話「喜樂的心乃是良藥」箴言17章22節。只要我們常存感恩和喜樂的心，在「疫」境中我們仍然滿有希望並且學習到新的能力。願望上帝在這新的一年繼續賜福給我們！



2020中學文憑試優異生分享

本校學生於2020年的文憑試取得佳績，順利升讀大學的中六同學人數百分比為96.3%，入讀心儀學系。學校特別邀請多位應屆成績優異的校友，分享他們的學習心得及應試策略，藉以勉勵學弟學妹，在順逆時均不忘求學初心，一起走過應試及升學的道路，飛向夢想。



張慧欣 大學：香港中文大學 學系/課程：內外全科醫學士

*張同學榮獲本校陳融夫人獎學金

文憑試前夕，我的心忐忑又焦慮，相信現在的你們多少也能體味這種無助。文憑試延期、考試範圍更改，未來的困難相信只會越來越多。作為過來人，希望我的心能夠幫助你們繼續前進：

首先，編排合適的時間表。以網路授課，時間其實充裕了，盼同學能善用這難得的空間。其次，目標要堅定。別忘了自己的初衷，別辜負懷揣的夢想。最後，摒棄比較的心態。曾經深受比較之苦的我，只望大家找到自己的步伐，便能走到自己的終點。

回望文憑試的歲月，那些寒窗苦讀的汗與淚依然歷歷在目，但留下更多的珍貴回憶以及成長足印。願各位仍能懷著赤誠之心，以夢為馬，不負韶華。



劉文希 大學：香港大學 學系/課程：藥劑學

*劉同學榮獲本校奮發向上獎學金

文憑試是中學階段終結前的考驗，是對自己學習多年的交代。備試之路看似漫長，實質短暫，如何在有限的時間內做好充分的準備是關鍵。規劃短期的復習內容，訂立長期溫習目標至關重要，因文憑試中不存在「天才波」，知識乃一點一滴累積。誰人準備得更充分、規劃得更好，便能走到最後。技巧和知識雖然重要，但心態卻是致勝關鍵！若持堅毅的決心、不屈的鬥志，對準目標，專心一致，決心努力面前便能有成就，達成目標。

文憑試是一場個人競賽，最終要超越的人是自己，最終也只需向自己交代。珍惜當下，別讓昨天的你成為今天的遺憾！望師弟妹能為自己的目標奮鬥，實現理想。



吳凱潼 大學：中文大學 學系/課程：歷史系

*吳同學榮獲本校奮發向上獎學金

升上中六，突然變成應屆考生，相信同學難免感不安，一個明確目標則能成為一盞明燈。我喜愛歷史，一直以歷史系為目標前行，這目標便是我溫習的動力來源。學期之初，同學不妨翻一翻升學資訊，找出自己感興趣的科目，認清目標。

備試過程漫長而煎熬，實為一場自律的考驗，同學切忌以為時間尚多而懈怠，否則追悔莫及。同學不妨為每一階段定下小目標，檢閱進度，好好規劃，適時調整。切勿好高騖遠，定下太高的目標，否則挫敗感會使你越來越想逃避。重要的是，溫習時則務必關掉電話，專心完成手上任務。

各位師弟妹，文憑試是一個人的旅程，挑燈夜讀時難免惶恐不安，但付出的日夜，必定會有回報！



李子豪 大學：香港大學 學系/課程：藥劑系

相信師弟妹有時或會在學業上感到緊張或焦慮，特別對應屆文憑試的考生來說，今年更具挑戰性。無論如何，感到徬徨時，應盡快向良師益友或家人求助，避免因情緒影響學習進度或健康。更要定期做適量運動，既可減壓，又能保持最佳狀態，迎戰文憑試。最後，祝願同學能入讀心儀學系，享受學習知識之樂，並實踐夢想，奔往似錦前程。



梁祖霖 大學：香港大學 學系/課程：金融學

這年是我中學生涯中的最後一年，也是顛沛的一年。學校模擬考試取消，文憑試推遲，難免感到無助。但讀書靠的是自律，唯一該依靠的人便是自己，過度依賴他人的幫助只是為自己的疏懶找藉口。在這教育制度下，在文憑試獲取佳績便手握開啟大學之門的鑰匙。因此，我在應考時，總會提醒自己要把握機會展示我在這三年中的勤奮和耐力。不論戴著口罩考試是多麼令人窒息和難以忍受，仍要咬緊牙關撐下去。



葉鈺瑩 大學：南京大學 學系/課程：漢語言文學

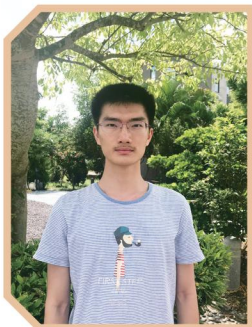
人人都說這屆文憑試考生是「天選之子」，一場瘟疫打亂全盤備考安排。然而正是這特別的經歷，我更明白所謂「文憑試」不過是平時學習的成果展現，這場長途戰役比的是平日積累及臨場心態，而非最後一個月才不眠不休衝刺。分享一個小秘訣吧——坐在考場中，請告訴自己：「我全場最厲害」，便下筆如有神。最後送同學們一句話：乾坤未定，人人皆可成為黑馬。願共勉之。



蘇曉欣 大學：香港中文大學 學系/課程：社會科學

遙想當初「備戰」的日子受疫情影響，打亂了溫習節奏，令這場「戰役」難上加難。但這幾個月經歷，卻令我身心成長不少。雖然考試前的重點重溫十分重要，但平日的耳濡目染亦是關鍵，尤其語文科，打好基本功，才能觸類旁通。另外，我習慣將課本要點濃縮成個人筆記，溫習時更得心應手，抄寫筆記過程又能加深記憶，一舉兩得。

祝願師弟師妹即使面對任何變數，仍能孜孜不倦，迎難而上！



李俊輝 大學：香港中文大學 學系/課程：藥劑學

學習是一個累積的過程，知識需日積月累地一點一滴慢慢吸收。在平日生活中，每天少玩一會遊戲、少看一會社交軟件；多看一頁書、多做一道題，長遠下來就能學習到很多的知識。身為學生，我們的任務就是學習，如果每天只顧嬉戲，不願意多花時間於學習上，那對學習又有何裨益呢？

我很喜歡潘展鵬老師常說的一句話「Never too early, never too late.」從現在開始養成每天在完成功課後複習的習慣，相信假以時日，你定能嘗到成功的果子。



陳嘉慧 大學：香港浸會大學 學系/課程：中醫學學士及生物醫學理學士

在疫情下，我們這一屆的考生面臨著重大的挑戰。但人貴為萬物之靈，總能適應不同的環境，迎難而上。或許，網上課程令人容易懈怠，或許減少外出及社會氣氛令人心情抑鬱；但只要懷抱盼望，一切定能走過去。各位師弟師妹，你們在學習生涯一定要打起精神，整理思緒，找到適合自己的學習方法，才能事半功倍。如果累了，就好好休息，和主傾談，把一切的擔心也交給主，不要放棄。最後，我把這句經訓送給大家：「要以耶和華為樂，他就將你心裡所求的賜給你。當將你的事交託耶和華，並倚靠他，他就必成全。」(詩篇37:4-5)



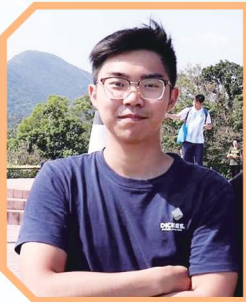
譚駿揚 大學：香港中文大學 學系/課程：城市研究

在準備文憑試的路上，我們或許會感覺到沮喪，認為自己的進度落後於人，否定自己的學習成效及努力。但這些想法並不一定反映真實情況，可能只是我們的心魔，若然我們因懷疑而放棄，豈不是浪費了六年來的心血，放棄了最後一絲成功的機會嗎？既然如此不如放手一搏，捉緊時間，相信自己在餘下的自修時間裏有能力扭轉局面，超越他人。努力不但為了當下的成績，更是為了將來回望時不要後悔。希望大家搏盡無悔，努力掙扎，最後定能收穫意想不到的佳績，為六年中學生涯劃下完滿句號！



曾頌名 大學：香港中文大學 學系/課程：社會學

文憑試在即，相信各位準考生都有一定程度的壓力。相比於其他人，一年前的我對於文憑試的壓力沒有很大，我認為秘訣在於認清方向和相信自己，認清自己的溫習方法和目標及相信自己能減少與別人過份的比較，使自己更沉着應對文憑試。縱使目前有很多不確定性，我們面對困難的韌力是遠超自己想像的，總能夠隨着不同情況找出不同辦法，加油！



黃衍智 大學：香港大學 學系/課程：經濟與金融系

回想中學生涯，我似乎一直在探索路上擔驚受怕，對未知的將來感到恐懼。途中，一位恩師提醒我說：「人生如黑夜航行的船，上一代人沒有谷歌地圖，船頭燈卻只能照到前方三十米，迷途了怎辦？只能靠偶爾一兩艘船路過，告知你彼岸在前方。」希望這故事能鼓勵師弟妹，無論將來面對什麼困難，都能迎難而上。其實，指引的船又何嘗不是在大海之中？我會在航程中繼續奮鬥探索，等待你們。



陳信琳 大學：香港中文大學 學系/課程：理學

升上高中，學習進度緊迫，程度加深，要求變高，同學在高中階段或會感到不安和焦慮，但其實只要調整好心態，樂觀面對，保持身心健康，困難都會迎刃而解。另外，在衝刺階段，也要記住保持平常心。這一年，同學需要適應全新的線上教學模式，或會因身邊沒有老師同學的陪伴而感覺無助，希望各位同學都能逆境自強，找到適合的溫習方法，把握時間，充實自己。祝考試順利！



黎玉瑩 大學：香港科技大學 學系/課程：工商管理(管理學)

準備文憑試，時間管理很重要。若能制訂時間表，避開社交軟件、遊戲的誘惑，做事更有效率。不要將事情堆積到最後一刻，應妥善安排，儘早完成。此外也要作息有時，才會有健康身體應試，適應考試節奏。除此之外，平日專心集中，將知識融會貫通，便能隨時應付課外的考驗。

學習方法人皆不同，只要有有效的、適合的，便繼續使用吧！過程雖然疲憊，但只要堅持，你會感激當初沒輕言放棄的自己！



劉卓琪 大學：香港中文大學 學系/課程：公共衛生

光陰荏苒，日月如梭，六年中學生活就這樣過去了。六年前承諾要努力學習，毋忘初衷，今天多加一句——始終如一。母校給了我千載難逢的學習機會，更讓我結交了知己好友。衷心感謝陳融中學的師生，你們教會我不要被困難阻攔，不要因別人失去自己。往後，期望各位師弟妹保持真我，誠懇待人，面對逆境亦絕不低頭。DSE臨近，比起滿足別人的期望，聆聽內心聲音更重要。祝願你們青出於藍勝於藍！



羅銳徽 大學：香港理工大學 學系/課程：航空工程學

回想起過去一年的備試生活，疫情的爆發的確為我帶來了不少的影響，但這未嘗不是一個學習的機會。因為疫情，很多的溫習計畫都被打亂，如學校的模擬考試更尚未完成就完結了。所以我知道我必須要自律，要更努力去溫習，不能浪費任何時間。因為疫情的緣故，在未來的一年，中六同學將會面對更大的挑戰，我希望你們能有清晰的目標，好好安排溫習時間，無論文憑試的成績如何，只要付出努力，問心無愧，便是成功。



李士文 大學：香港中文大學 學系/課程：歷史系

文憑試無庸置疑是中學生涯的焦點，如何提升讀書效率，前人之述備矣，故在此不再贅述。我希望各位師弟妹思考一個問題：「我為何要努力讀書？」學者如唐君毅、錢穆等以復興中華文化為治學之本。心懷目標，故能成就非凡。若果大家不知道自己的目標是什麼、讀書的意義何在，那麼就如同不相信自己講辭的演講家，其發言將會蒼白無力。在溫習的閑暇，不妨多思索自己的目標，它能帶領你走向成功。



韋欣鳳 大學：香港浸會大學 學系/課程：中國語言文學系

來年即將應考文憑試的你們辛苦了，受疫情所擾，整個中五備戰過程被活生生砍去一大半，你或許會因此而彷徨迷茫。我亦有相似經歷，中六模擬試遭中斷、文憑試延期，在家備戰之艱辛滋味我亦有所體會。慚愧地說，我在家備戰也不是沒有懈怠的時候，但一味地沉溺於愧疚之中只會令你重蹈覆轍，陷入惡性循環，因此制定時間表並嚴格執行，定能有所助益。祝大家在文憑試中獲取理想成績。備戰固難，但願你無愧，亦無悔。



曾慶軍 大學：香港大學 學系/課程：理學院

每年的文憑試，對莘莘學子來說，既是機會，也是考驗。如取得好成績，就能入讀心儀學系；反之則要另謀出路。但無論成績如何，只要心態正面，是沒有失敗一說。「條條大路通羅馬」，通往夢想的路不只有文憑試這一條。但各位師弟妹亦要對文憑試嚴陣以待，以求透過考試反映自身的能力，不留任何遺憾。今天多一份努力，未來便多一份成就，只要全力以赴，無論結果如何，都能坦然面對。



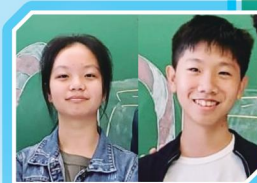
謝明祖 大學：香港中文大學 學系/課程：電子及資訊工程學

今年的文憑試在疫情下順利完成，相信來年應考的師弟妹們也同樣備受考驗。面對嚴峻的疫情、文憑試的新安排、缺乏面授課堂等，一定會令同學壓力倍增，此時同學最需要的是自覺性及毅力。預備文憑試確實需要大量精力，但只要堅持下去，在努力過後定會得到回報。假如最後成績未如理想，不需感到挫敗，總有出路的！在此祝願大家身體健康，文憑試順利，期盼日後在大學校園與師弟妹相遇。

第二十一屆消費文化考察報告獎

施富強老師、李綺祈老師

恭喜本校同學在第二十一屆消費文化考察報告獎再創佳績！本學年，6K李嘉逸同學憑報告「人靠衣裝，『靚』靠化妝？」榮獲高級組最佳表達方式獎及傑出作品獎。李同學在報告中仿效網絡紅人直播分享，探究「美的消費」，再思美麗之真諦。另外，3K吳浩然及3S蔡君霖同學則在創作「班衫」時得到啟發，在報告「『衫』心兩意」中反思「班衫」包含的獨特感情，獲得初級組推介作品獎。



蔡同學及吳同學



李同學與老師合照

2020-2021學年第一學期成績優異獎

名次獎 (中一至中三級)

中一	1C	1F	1H	1K	1S	全級首三名
第一名	林子瀾	方詩妍	魏榮灃	陳俊傑	吳欣澄	1F方詩妍
第二名	葉文迪	張仲民	鄧博文	陳君然	黃卓翹	1K陳俊傑
第三名	徐康琳	郭建霆	梁愉正	陳德仁	廖樂君	1C林子瀾
中二級	2C	2F	2H	2K	2S	全級首三名
第一名	馮心瑜	陳綺君	郭泳希	陳梓薇	馮紫如	2H郭泳希
第二名	潘俊宇	麥嘉蕎	林晞彤	鍾希旋	鄺琬婷	2F陳綺君
第三名	丘雅琳	蔣明宇	潘浩仁	何曉彤	羅康瑞	2C馮心瑜
中三級	3C	3F	3H	3K	3S	全級首三名
第一名	陳靜熙	曾子語	吳澤欣	羅頌晞	吳景琛	3F曾子語
第二名	許倩敏	蔡梓璋	伍偉祺	葉沛恩	梁嘉怡	3K羅頌晞
第三名	陳汝碩	陳卓瑤	楊祖樂	蘇佩怡	吳詠琳	3F蔡梓璋

學科獎 (中四至中六級)

科目	中四			中五			中六		
英國語文	4C傅淮臻 4S蔡兆豐	4F許海盈 4S蘇芷盈	4K王嘉樂	5C屈子賢 5K王妙妍	5C張靖韜 5S周柏蕙	5F歐陽倩琳	6C歐維德 6K莊昊燃	6C吳文威 6K陳鳴佖	6H溫鎔而
中國語文	4C張麗明 4F李依諾	4C洪兆敏 4K陸曦敏	4C張栩翹	5C張靖韜 5S莫雅詩	5C屈子賢 5S楊碧瑤	5F祁康兒	6C曾思敏 6K莊昊燃	6F陳琬婷 6S王嘉欣	6H梁耀仁
數學	4C陳煜燊 4F徐可怡	4C傅淮臻 4F丁賢良	4C謝嘉軒	5C鄭家洛 5F勞永康	5F梁芯儀 5F歐陽倩琳	5F祁康兒	6C曾思敏 6F吳嘉浚	6C劉明灝 6F馮邦銘	6C韓卓能
數學(單元一)	4F徐可怡			5F歐陽倩琳			6F陳琬婷		
數學(單元二)	4C陳煜燊			5C鄭家洛			6C曾思敏		
通識教育	4F鄧頌汶 4S趙梓彤	4K陸曦敏 4S林嘉淇	4S蘇芷盈	5C張靖韜 5F梁芯儀	5C屈子賢 5K黃綺彤	5F歐陽倩琳	6C曾思敏 6H溫鎔而	6F陳琬婷 6S王嘉欣	6F龐 弢
中國文學	4K陸曦敏			5F戴淳渝			6H李 懿		
資訊及通訊科技	4C傅淮臻	4F徐永安		5C李正陽	5S任柏行		6C曾 揚	6H廖悅伶	
物理	4C陳煜燊			5C屈子賢			6C曾思敏		
化學	4C陳煜燊	4F徐可怡		5C張靖韜	5C屈子賢		6C曾思敏	6F吳嘉浚	
生物	4C劉俊泓	4F徐可怡		5C屈子賢	5F梁芯儀		6C曾思敏	6C劉明灝	
中國歷史	4F李依諾			5H李 靜			6K柯佩錡		
地理	4S蘇芷盈			5F馬穎昕			6K莊昊燃		
倫理與宗教	4K劉佩思			5F陳翠儀			6S王嘉欣		
經濟	4C傅淮臻	4S程浩勤		5F歐陽倩琳	5F梁芯儀		6F馮邦銘	6K莊昊燃	
企業、會計與財務概論	4F簡靈兆			5F勞永康			6C朱曉盈		



S.K.H. Chan Young Secondary School

Forward and Upward

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February Issue 2021
Young Breeze

Staying Motivated While Learning English

Unfortunately, teachers are not wizards who can wave a wand and magically bestow upon you the ability to speak English fluently. Nor has technology advanced enough to allow you to simply buy a microchip that can be plugged into your brain and allows you to speak like a native. The road to language learning is arduous and if you are not motivated it can become unbearable.

I have studied many languages over the years, from Spanish to French, German, Swedish, Dutch, Russian, Hindi and even Hebrew. Why? Because I was (and still am) a “foreign language-junkie”. No matter how difficult some of these languages are, I never gave up. I was deeply motivated to learn them and managed to reach decent levels of fluency in several. Now, back to you English learner...how can you improve your English? Well, you know that’s a complex question that requires a multilayered answer. However, before you even begin to think about putting in the extra hours, you need to think carefully about your intentions and motivation.

A key idea in language learning is “intrinsic motivation”. This means that you must genuinely want to study for your own benefit and pleasure. Studying for exams and tests only is called “extrinsic motivation”. Science has determined that studying a language based on extrinsic motivation is near useless. If you are not intrinsically motivated, you will not get far. You must have passion, a hunger for learning, regardless of the obstacles. Take a minute and think about it: do you love English and want to become a better conversationalist? Or are you just worried about your term tests and exams? If it’s the second I can only wish you good luck.

Mr. Santos (Native English Teacher)

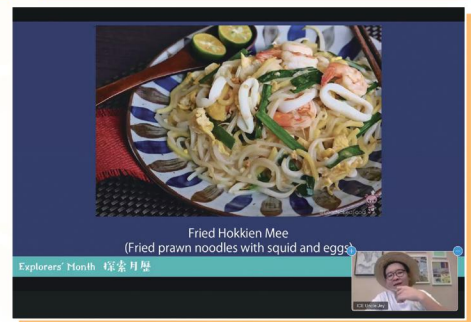
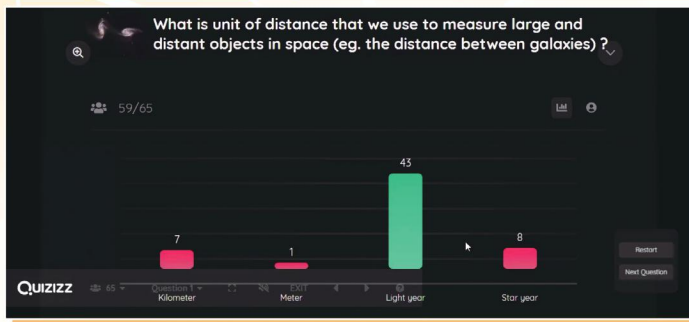
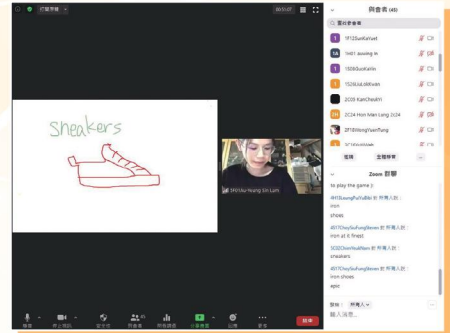
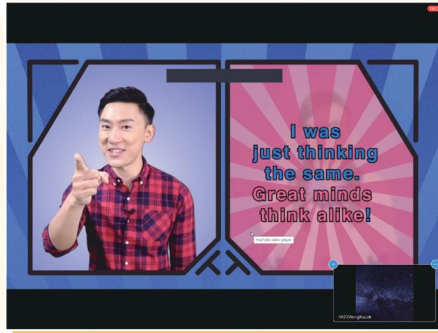
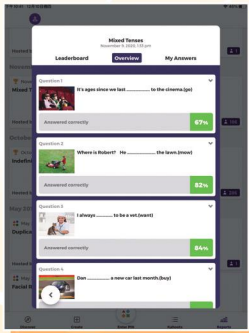
What can you do to match your personal likes with language learning? Well, luckily for you the 21st century is full of endless opportunities. Do you like anime and cartoons? Watch them in English on YouTube or Netflix. Do you like travelling? Read English texts written by travel nomads online. Do you prefer Korean Dramas? Fear not, they are all available with subtitles or even dubbed so you can practice listening, speaking and improve your grammar and vocabulary awareness.

Whatever you do, enjoy it! Enjoy the process and soon you will find yourself dreaming in English...that’s the ultimate sign your learning is working!



English Speaking Days Online

Under the pandemic this year, the English Team has held two extraordinary English Speaking Days online. The team is thankful to all the help of its committee members, teachers and guest speakers. In the coming days, whatever the situation will be like, we will continue to provide interesting and educational activities for you our lovely schoolmates. Let's see how our team members feel about this special experience of hosting English Speaking Days online.



2H Kwok Wing Hei, Angel

As a student helper in different English activities, I have learnt how to cooperate with teachers and teammates during these activities. Moreover, being able to motivate our schoolmates to join different English activities is wonderful. I now have more confidence in speaking to teachers and schoolmates in English. I would like to express my thanks to our beloved English teachers on trying their best to organize many meaningful activities for the English Speaking Days despite the coronavirus pandemic.

3H Chen Ming Kin, Ken

Everyone would agree that it is more difficult to communicate with each other through Zoom. There are also technical problems when using Zoom like the server being unstable at times causing lots of inconveniences and difficulties for the activities online. However, still having an hour for learning English through games was wonderful. None of us want our lives to continue under the pandemic. I do hope that it will end as soon as possible as I am eager to have our amazing English-Speaking Day in the classroom without our masks in the way.

3H Tse Shun Yan, Jacqueline

Due to the Covid-19 pandemic, our school's English-Speaking Day was held through 'Zoom'. Although it sounds more convenient, I still prefer it being held at school. It is because teachers and English ambassadors can interact with students a lot more in the activity and students can respond to them immediately. What's more, it's quite difficult for us to design games that can be played through 'Zoom' because there are many limitations. Therefore, I really hope that we can get through this pandemic soon and have fun on the English Speaking Days at school together again!

5C Wat Tsz Yin, Peter

Despite the difficulties of inviting participants to answer questions, there are several advantages. For instance, more information can be presented to students on a single screen as they are sitting right in front of their own screens. This results in more effective learning. On the previous English-Speaking Day, my partner and I showed a series of mathematics' fun facts through video and used this medium to cultivate a more immersive English-speaking environment. Even during these special times, we are striving for excellence in organizing activities for our schoolmates.

Outstanding Writing



Why I Like Listening to Music

1K Kwong Ellie Yuen Ting

As a music fan, I like all kinds of music. Some songs I love have meaningful messages. You could say that different kinds of songs have different “functions”. I always listen to music to release stress and it makes me feel relaxed. Listening to music can also reduce depression and help you sleep better.

I had a personal experience which I would like to share with you. About three months ago, I had a toe surgery. The doctor saw how nervous I was and recommended me to listen to some music. The surgery was over in the blink of an eye. My toe was wrapped up and only felt a little pain. I was very thankful the doctor gave me the idea of listening to music.

Usually, doctors would recommend their patients to listen to some music before and after having a surgery to make them feel less nervous. Next time you are feeling anxious, you should listen to some music too!



Recorder Competition

1S Fung Sum Yu

Last year I joined a recorder competition. First I needed to practice the easiest part of the piece of music every day. I practiced the piece of music for a month. Miss Tam said, “You just need to wait for the date that you have to perform in front of the adjudicator.”

One week later, I got the date. There was one week left. Although my parents and my brother ignored my music, I still kept practicing.

On the day, I arrived at the venue, walked into a small room with other competitors. My heart almost jumped out. I played the music softly and watched the adjudicators - I noticed they were smiling. Thankfully I made no mistakes.

After all my competitors performed, the adjudicators announced: “1st runner-up ... Fung Sum Yu.” I was so surprised because this was just the first time I joined the competition. I was glad to take the 1st runner-up title.



My First Pokémon Journey

2F Tam Chun Ki

When I was a child, I always hoped to have a Nintendo and play a Pokémon game. My dream came true two years ago when my cousin got a Nintendo Switch and he decided to lend his gaming console to me and I finally played my first ever Pokémon game.

I started as Ash who lives in a small town and received a Pikachu from Professor Oak's Lab. I had to defeat eight trainers in the city and defeat the strongest Pokémon trainer of the Region. His Pokémon team is strong, but he lost and accepted his defeat - he didn't care for his Pokémon. I met awesome new friends and we became team members.

After playing the game, I have learnt two important things that are useful for our life. First, I learnt the importance of friends. Second, we all make mistakes, so we should try to do better.



They tried to tear me down

2K Tsang Tsz Yu

My classmates mocked me because I wanted to be an artist. They embarrassed me in front of the whole class but I didn't care. I didn't care so much what I was to others as I only cared what I was to myself.

My teachers scolded me. They pointed out that drawing was just a waste of time. 'You can only be successful if you study.' I started to doubt myself. Was drawing really a waste of time? Was studying the only key to success?

My parents said I was a failure. They rebuked me as they thought my talent for drawing was useless. 'Ridiculous!' they shouted and they started to tear all my drawings into pieces. I realized my dream was going to be difficult to achieve... But I would never give up, even if the reality hit me real hard. I would prove them wrong. After all, a fish could never teach a dragon how to fly.



Back To School

3C Foo Regent

It has been a wild ride! I have experienced some schedule fluctuations which have been mentally draining. However, I got back on track using some upgraded time management skills.

The goal is to reach your life goals as efficiently as possible. We can take big goals and chunk them down to smaller bits to fit into a daily to-do list. Once you have a to-do list, you order it from top to bottom in decreasing priority. Focus on what is due soon, then take on larger tasks. Do activities that are not very important or urgent, if at all, at last. You may want to consider focusing on working in one sitting, so you will not waste time tracking back progress.

In conclusion, I recommend you to learn more about the topic by reading books (e.g. Time Management by Brian Tracy) while taking notes. Extra reading is always a plus.



Summer Holiday

3C Tang Ho Ki

Unlike other summer holidays, for some people this summer was boring and short. However, I have learnt new things.

Apart from doing homework, I have done many activities with my family. In order to keep healthy, we exercised every day together. Before the pandemic, we did not really have time to exercise together, so we can say the pandemic gave us the chance to become much healthier. Moreover, we tried baking cakes and biscuits by ourselves at home.

For myself, because I wanted to learn something else, I started to learn Spanish. Spanish is quite difficult for me. However, I tried my best with the pronunciation and some simple sentences to communicate with others. I like Spanish and I think it's a good way to spend time. I practiced the piano for 2 hours a day also, so my summer holidays were fulfilling.

Hopefully, after the pandemic, we can remove our masks and have our regular lives back.



Killing Time during the Pandemic

4F Au Yeung Sin Lam

I spent plenty of time this summer overusing my phone and watching YouTube videos. However, after a few weeks, it occurred to me that I could no longer have fun from that lifestyle. In the light of the desire to stop being a couch potato, I started to explore hobbies to get through this harsh time.

Drawing on the iPad was my first approach. I completed amazing works and this resulted in building up my self-esteem. The most vital point is that completing one piece took quite a lot of time and gave me a fruitful vacation.

Crochet is my other method. Time flew when crocheting. Moreover, turning a ball of yarn into bags and cases brings me a sense of success. Having skills in different areas is also essential for dealing with our changeable and unpredictable reality.

I hope these ideas will help you to spend time more meaningfully and discover something you are passionate about.



Plastic Surgery

4S Chau Pak Wai

A lot of people see plastic surgery as naive behavior and think it is stupid pay tons of money for beauty. However, I think it is always worth it to do whatever you want. A lot of people get plastic surgeries done to fix their birth defects and scars. Many people think plastic surgery is a form of self-harming, but I think it is a process to love yourself. When people are not satisfied with their looks, they tend to hate themselves. Plastic surgery helps them to transform their ideal looks and helps them become more confident.

To be honest, we should appreciate natural beauty more. Although plastic surgery is somehow a process to love yourself, some people are addicted to them and get surgeries done again and again. They are never satisfied with their looks. We should learn to like our natural selves and not follow the public beauty standard blindly. We should learn to accept our imperfections.



My School

5F Tam Chun Him

SKH Chan Young, our secondary school.

Kindness is ubiquitous, tolerance is the rule.

Happiness and joy every single school day. This is more than a school.

Caring teachers and students are always beside you.

Helping one another, even though faces are new.

Any day any time, you can call this place home.

Nothing needs to be feared, you'll never walk alone.

Young people strive to reach their goals, nothing is impossible.

One success is never good enough, we aim for the highest possible.

Upward we look, forward we go.

New students or senior ones, this is our school motto.

Goals are never too far away. New heights, off we go!



Pulling through 2020

5K Chan Ming Nei

People have lost their jobs, gone bankrupt, and are feeling miserable in general. For the graduates, they lost their chance to go to the long-anticipated graduation dinner and graduation trips. This may not seem like a big deal for others, but for us, it not only marks the completion of secondary school life, it also adds a full-stop to our youth.

All we can do is accept the facts and learn. It is important to maintain a positive mindset.

If you have any spare time, it is always nice to try new things, like developing a new interest such as playing a new instrument, painting, writing, even singing. As said in the movie *Forrest Gump*, "life is like a box of chocolates. You never know what you're gonna get." There's nothing wrong with a little bit of surprise, right? What's important is that you can find happiness at this moment in your life.



Struggling through the pandemic

6C Leung Jo Lam

This academic year, for me, is the last one in my secondary school life and, for most students, the bumpiest one. Feeling helpless, I understood studying is all about self-discipline. Overdependence on teachers would do more harm than good and create an excuse for not making an effort to revise. On a positive note, an extra month for revision could be beneficial for those left behind to catch up on their studies and those top students to further sharpen their competitive edge.

Whenever I was sitting an exam, I told myself it was a make-or-break one and 'it is now or never' to showcase my diligence and endurance throughout the three-year senior secondary school life. With this in mind, no matter how suffocating and unbearable wearing a face mask while sitting a two-hour exam could be, I managed to rise to the occasion. Tough times never last, but tough people do!



A Bird in a Cage

6K Wong Tsz Yin

It has been an hour since the cage door opened. I deliberate if I should take the next step but my loyalty convinces me that I shouldn't.

Three years ago I abominated my master as he put me in the cage. I would moan all day long as revenge. Nonetheless, he still tolerated me as I am his only company. He was an old man who would sit on his recliner after coming back from work, petting me a little and then falling asleep. As days passed by, I realised that he was also trapped in this modern world as work had been taking away his life. Ironically both of us were prisoners.

I have tip-toed around my entire life and it has eaten me alive. Every night I look out the window, pondering if I deserved better or I was born to be restricted; I start counting a million stars, wishing I could land among them and be a fearless bird.