



志學知天
Forward and Upward

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Principal's Address



Mr. Edward Mak

The fluctuations in policies and markets in the United States, one of the largest economies in the world, have affected the international trade landscape and the manufacturing industries in many countries, putting pressure on economic growth.

In these challenging times, we must recognize that history shows us external pressures can become opportunities to unleash our potential. We should remain steadfast in our beliefs, exercise patience, collaborate, and guide the next generation with positivity to contribute to the sustainable development of both our city and our country.

Innovation is essential to the betterment and economic strength of a country. Schools can foster innovation by creating an environment that encourages creativity and critical thinking. This can be achieved through project-based learning and by providing students with opportunities to develop and explore their ideas. A good example is the new elements in the *Young Breeze* this school year, contributed by our talented student reporters – an effort which I am sure you will recognize.

As the summer holidays approach, I would like to share this message with our students: stay curious about the issues around you, continue learning, and broaden your perspectives through reading and engaging in meaningful activities. Learning from the stories of remarkable individuals can inspire you to think outside the box and find innovative solutions to challenges. I look forward to seeing you take on more important roles in the new school year, not only showcasing your creativity and talents but also contributing to a vibrant and fulfilling school life for everyone.

An Ode to a New Gateway

Celebrating the opening of our new lobby

Wong Hei Long Joshua

*In hushed reverence, I stood, awash in the light,
Before the school's new lobby, a truly noble sight.
Adorned with yellowish-brown stripes, warm and bright,
Student ambassadors greet us, their hearts pure delight.*

*The emblem above, a symbol of our pride,
Revives our love, a bond that will not subside.
The modern design sings of serenity's grace,
In this tranquil haven, we find our place.*

*A splendid beginning to our daily quest,
Where emotional balance grants minds the rest.
With radiant smiles and welcoming hearts wide,
This gateway of knowledge shall be our guide.*

*Thirty-five years of Chan Young's legacy stand,
This gateway, a tribute to dreams grand.
A beacon of hope for futures bright,
Celebrating wisdom's enduring light.*

A lesson on a universal language

Students on exchange tour reflects on a surprise lesson on emotions



Our upbringing underpins how we understand emotions

Last summer, 22 students from S2 to S4 embarked on an incredible 17-day journey to the United Kingdom. We anticipated a cultural and linguistic immersion, but we were unprepared for the profound lessons in emotions and human behavior that awaited us.

We had a lesson with students from various countries. The theme was emotions. As students from Hong Kong, we approached the topic from a more analytical and perhaps judgmental perspective, focusing on why happiness is essential and why anger and aggression should be avoided. Our discussions were rooted in judgments, perhaps reflecting our cultural inclination towards harmony and self-discipline.

Emotion is a universal language

Emotion transcended cultural and linguistic barriers. This lesson reminded us that while our cultural backgrounds shape our viewpoints, our willingness to learn and adapt enriches our lives in unimaginable ways. What we took away from this trip was far beyond cultural and language learning. We have come to appreciate that our emotional intelligence is as important as any academic knowledge. We carry with us the invaluable lesson as we return to Hong Kong.

Chan Kwan Yin, Fu Man Ki,
Ip Man Tik and Mui Hay Lok

Behind every emotion lies a story

However, one sharing session by a Turkish student brought a profound shift in our perspective. This student discussed how environments shape individuals and influence their behaviors, illustrating it with a poignant example: children who act angrily and aggressively at school may do so because they are yelled at by parents at home, who in turn may do so because they were mistreated by their bosses at work. The student added, "when you go to the bottom of it all, your behaviours and emotions are just the summaries of your experiences."

This insight was eye-opening. We began to understand that what often appears as misbehavior on the surface is, in reality, a manifestation of unmet needs. When these needs go unfulfilled, they can lead to behaviors that are often misunderstood or judged harshly. By recognizing and validating our emotions, and those of others, we can foster deeper understanding and stronger connections.





學生課餘作息時間分配調查：

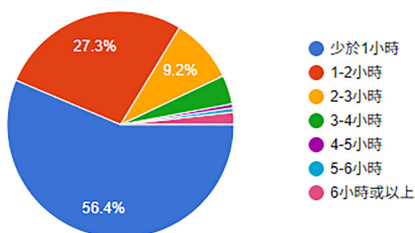
運動睡眠恐不足

電子產品應善用

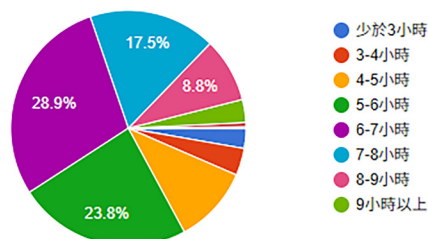
本年三月，本刊以問卷形式調查中一至中五同學課餘作息時間安排，共收到509個回應，佔中一到中五學生約六成。結果顯示受訪同學睡眠及運動時間均未達建議標準、電子產品時間過量，情況令人關注。

調查結果顯示，逾半（56.4%）受訪同學每天課後運動不足一小時。假如當天沒有體育課，大多數同學運動時數未達世衛建議青少年的每天60分鐘中等至劇烈強度的體能活動。缺乏運動會使人免疫力下降、心情低落。施富強老師表示：「我建議同學先從簡易運動入手，建立運動習慣，也可與朋友相約一起，以遊戲形式做運動，寓強身健體於社交玩樂。」施老師認為時間規劃和生活節奏緊密相連，建議大家預留合理規劃時間，以提升學習效率及生活品質。

過去一個星期的上課天，每天放學後，你平均花多少時間運動？



過去一個星期的上課天，你平均每天有多少時間睡覺？



同學睡眠時間並見不足。近九成受訪同學（88.1%）日均睡眠時間低於衛生署建議青少年的八至十小時，惟只有六成半（65.2%）同學自覺睡眠不足。香港學生的課業壓力較大，可能影響睡眠時間。魏語嫣同學認為熬夜導致翌日上課精力不足，建議大家要先完成正事再娛樂，避免犧牲睡眠時間。另外亦有同學分享避免拖延功課的竅門：要調整完美主義或畏懼失敗的心態，推動自己先做事情「最討厭」的部份，維持數分鐘後，就會發現完成該事並不是想像中那麼困難和討厭。

過度使用電子產品的情況亦不容忽視，過半數（51.5%）受訪同學每天課餘使用電子產品的時間超過美國兒童學會與加拿大兒童協會建議的兩小時，更有超過兩成半（25.3%）受訪同學每天課餘使用電子產品達三小時或以上。過度使用電子產品可能影響影響大腦發育，減低學習專注力。根據香港大學一項研究，花三小時或以上使用電子產品的同學有成癮風險，但調查發現僅四成（41.5%）同學自覺使用電子產品時間過長。

最後，從問卷結果亦可見約六成同學（58.5%）沒有仔細規劃課餘時間，生活習慣有改善空間。勞逸結合的時間規劃有助大家發展潛能。希望大家都能「惜取少年時」，好好照顧自己身心，做好自己時間的主人。

令人上癮的設計巧思

電子產品的上癮機制源自大腦對刺激的渴求。頻繁切換畫面的短視頻、無限捲動、下拉更新和推送通知等功能，持續激活大腦的多巴胺刺激獎勵系統，使青少年沉浸其中。諷刺的是，許多科技界的領袖，如喬布斯和比爾·蓋茨，都嚴格限制自己孩子使用自家推出的產品，說明這些技術的創造人最清楚他們的設計可帶來的風險。

蘇雅晴、陳可馨、曾綺琦、牛林弘、黃巧悅

重錘除雜念



浮沉尋節奏

社工 Charlie 及嘉玲姑娘大談以身練心

於碧波中，身體緩緩上升，又慢慢下潛。心底的恐懼正被一點一點地克服，心境也隨之沉靜下來，用身、心去感受海水承托自己的重量。在高度集中的狀態下，水聲和呼吸聲變得尤其清晰，漸漸忘記時間的流逝，甚至達至「忘我」的境界，全心全意投入心跳與呼吸之中。一升一潛，皆是享受。

任海潮洗滌而不受打擾

Charlie 姑娘是持牌潛水員，每逢長假都會踏上潛水之旅，但一次在台灣潛水時遇上驚險。「我稍一不慎被海水嗆到，心跳與呼吸瞬間加速。我當時穿上厚重的裝備，加上身處深不見底的水域，水流紛擾騷動，呼吸紊亂導致我身體不受控，忽浮忽沉，耳壓驟升驟降，內心陷入恐懼之中。幸好教練鼓勵我以堅毅意志面對逆境，專注於調整心態和呼吸節奏，便慢慢克服了恐懼，重新掌握節奏。」潛水時要靠自己的呼吸節奏來控制浮沉，因為在廣闊而深邃的海底世界中，只有自己與自己相伴，因此必須自行調節身心狀態。人生處世就如潛水，在這紛繁複雜的茫茫世界裡，種種的起伏挫折宛如無常的水流，不斷「攪動」着我們，唯有任海潮洗滌而不受打擾，掌握自己的節奏，才不致被淹沒，發現深藏的美哉景致。



相片由受訪者提供

說起海底風光，Charlie 姑娘眼中閃爍著光芒，透出大海賦予的灑脫與從容。她將每次下海比作「拆盲盒」，各類海洋生物令人目不暇及，小至海兔海蛇，大至海豚甚至鯊魚，都是海底常客。最神奇的是夜潛，用手電筒一照，深海的螢光珊瑚綻出五光十色，就像海底的霓虹燈突然亮起。「若我不能克服初次潛水時的恐懼，也許我不會在靜謐的海底世界中與這些絢麗的生物邂逅。」

身體在運動中疲憊， 心靈卻在疲憊中尋得自由

Charlie姑娘鍾情潛水，而嘉玲姑娘則是拳齡六年的鬥士，一有空閒便到拳館打拳。拳擊有兩種練法：擊打沙包和對空揮拳。擊打沙包時，眼前一排沙袋整齊排列，出拳與收拳之間，沙袋彷彿化作目標，讓我們扎扎实實地感受到自己的力量。打空拳時，則要想像前面有一個對手與自己對打，除了攻擊之外也要防守、閃躲。嘉玲姑娘說：「揮拳打空氣很費勁，打沙包或手靶則相對容易。」在人生這漫長的戰場上，我們都像拳擊手一般，時而對空揮拳，時而擊打沙包。空拳如夢，沙包如現實——許多人在腦海中勾勒着未來，想像自己達成目標的模樣，但若只是揮舞空氣而不扎實出擊，最終只會徒勞無功。

鍛鍊過程其實頗為艱苦，嘉玲姑娘回想第一次握拳出擊，因發力不當而「動作僵硬但拳頭綿軟」，手腕幾乎受傷；平板支撐、拳上撐等訓練更令她渾身痠痛無比，幾近放棄。『我初時對着拳館的鏡子練拳，目光不是專注於自己的姿勢，而是不自覺地偷瞄鏡內時鐘的倒影，死死盯着指針，心中默念着「快點結束吧」。因為高強度的訓練，每一秒都恍若被無限拉長，每一拳都像艱難地捱過漫長歲月。有一次我瞄到時鐘，看到下課時間已到，心裡暗喜，但冷靜下來，才發現只是因汗水模糊了視線，看不清鏡中顛倒的指針，其實課堂才剛剛開始。』

功夫不負有心人，一次情緒低落令打拳成了嘉玲姑娘的舒壓的良方，她發現打拳時能高度專注，產生了前所未有的投入與愉悅，甚至忘記時間的流逝，沉浸在與對手的交鋒中，心中的雜念也隨之煙消雲散。『做自己喜歡的事，容易進入「心流」的超脫境界。隨着我發現到拳擊的樂趣後，每一節課都在不經意間結束了。身體在運動中感到疲憊，心靈卻在疲憊中獲得自由。情緒越低落，我就越想在拳台上重拳出擊，把那些負面情緒統統打跑。』說到這裡，嘉玲姑娘的眼睛瞬間變得炯炯有神。

學業繁重的學生要往哪裡找靜謐的片刻？兩位社工給予了同一答案：用身體的力量，錘鍊更強大的內心，於內心找到自在天地。每一次浮沉和揮拳都在擊碎怯懦，每一滴汗水都在沖刷焦慮。希望大家在運動中與自己的身體對話，在堅持中突破自我設限，以運動為媒，找到屬於自己的平衡與韌力。



相片由受訪者提供



史亮亮、劉佳韻、黃巧悅、陳嘉銘

揉一團巧思，烘一爐初心： 跨文化友誼出爐！

設計思維 融入義工服務



新鮮出爐的蛋糕飄香、中式燈籠洋溢新春氣氛、一群少數族裔小朋友和本校公益少年團的團員樂也融融——这一幕正是「賽馬會眾心行善——義工推廣校園夥伴計劃」熱鬧溫馨的寫照。這項計劃由香港賽馬會慈善信託基金策劃及捐助，香港青年協會作為合作夥伴。我校公益少年團於2024年11月至2025年1月，在六節課堂中運用設計思維模式，為服務對象提供義工服務。



促使我們踏上義旅程的，是對社會共融的關注。我們深知少數族裔在日常生活中面臨文化隔閡，因而設計這個服務。6K趙慧君解釋道：「我們從零開始構思這義工活動，討論期間我們或許有分歧，但正因為大家各自表達不同的意見和顧慮，才使整個義工服務變得完善。」

令人欣慰的是，隔閡在微笑與交流中消解。活動適逢農曆年，我們與少數族裔小朋友一同製作燈籠、烘焙蛋糕、分享中華文化故事，讓小朋友體驗新年習俗。3S黃景琪認為：「在製作燈籠時，我和小朋友自然分享各自文化，這種純粹的交流是難得的心靈對話。」而5F楊子悠表示：「小朋友對傳統燈籠的好奇與創意讓我感到驚喜，這不僅是服務他人，更是拓寬自己視野的旅程。」

服務的過程並非毫無挑戰，部分同學初時因語言不通而感到緊張。1F劉迦謙坦言：「我們語言不通，但透過手勢和表情，建立了獨特的溝通方式，逐漸突破障礙。」5C鍾振宇及3C尤美茵則不約而同表示，在活動前擔心和小朋友相處會出現問題，與他們實際相處後，便發現真誠的互動能夠跨越文化差異。小朋友燦爛笑容緩解了我們的情緒，整個活動充滿了溫暖。

青協的社工Samantha認為：「回顧整個義工領袖培訓課程，見證着各位同學的蛻變與成長，令人欣喜萬分。同學們都勇於突破自己，在團隊中積極承擔責任。」

回顧這次旅程，隊員們收穫滿滿。1F陳佳騰說：「與少數族裔小朋友交流時，隔閡在歡笑中自然化解，我們找到共同話題，這是最珍貴的收穫。」而4S丁蔚軒因少數族裔兒童的熱情而打破刻板印象，他說：「這次的活動打破了我對於少數族裔印象，實際上他們主動且熱情洋溢，容易相處。」服務不僅是短暫的互動，而是需要持續的關懷與改善。期待未來，我們能夠繼續運用設計思維，透過實際行動，為社會貢獻力量，讓更多人感受到共融的美好。



「設計思維」 涵蓋哪些步驟？



1

設身處地 *Empathize*

發揮同理心 站在對方角度

說明：義工以同理心出發，以服務對象角度思考

實例：我們透過觀察、大學調查報告和新聞報導等，了解少數族裔兒童的需求與文化差異

2

定義需要 *Define*

了解對方生活上的問題

說明：分析整理收集到的資訊，具體描述服家的「痛點」，確認活動核心目標

實例：我們在調研發現，少數族裔小朋友由於文化差異，未必理解農曆新年傳統習俗，對中國傳統文化了解有限

3

集思廣益 *Ideate*

團員思維碰撞 構思解難方法

說明：集體討論、針對問題自由想像，透過腦力激盪構思創新方案

實例：這個過程完全交由義工團隊發揮，大家把構思互相分享，例如中華藝術工作坊、煮食活動或互動式故事分享

4

製作原型 *Prototype*

由虛至實 找出可行方案

說明：把想法化成實際的流程表，發現規劃時忽略的不周未善之處，去蕪存菁

實例：我們把想法具體化後，諮詢中心社工的意見，考慮到實際情況，改動原有活動計劃，例如原定的寫揮春活動要求一定中文書寫能力、搓湯圓容易弄髒場地、男女同組或者不合服務對象習慣等

5

測試 *Test*

測試原型來獲得回饋

說明：設計思維強調修正的藝術，讓我們在測試與調整中找到合適的方案

實例：最後綵排時試焗蛋糕和試製燈籠，進一步簡化活動步驟

義工計劃以人文關懷出發，而設計思維則是理性構思框架，今次經驗說明兩者可以相輔相成，達至具影響力的社會行動。

黃景琪、吳聞威

Gifted Education: *A Vast Horizon*

In 2023-24, 29 junior students and 31 senior students participated in gifted educational programs offered by local universities and The Hong Kong Academy for Gifted Education. Read on to find out what they've learnt!

STEM

Cai Xizhi Arthur

The Chemical Adventures of Sherlock Holmes (The Hong Kong University of Science and Technology)

I have learned remarkable techniques that forensic scientists use to analyze and interpret evidence from crime scenes.

Wang Yunqing

Data Science & STEM (The Hong Kong Polytechnic University)

I have deepened my understanding of artificial intelligence platforms like ChatGPT and mastered how to utilize AI in my daily studies.

Yu Lap King

Towards Differential Geometry (The Chinese University of Hong Kong)

I have learnt about pioneering geometric theorems, such as the Gauss-Bonnet theorem, which form an integral part of advanced engineering.

Arts and Humanities

Hung Sui Man

Music Speaks: An Introduction to Composition (The Hong Kong University of Science and Technology)

This experience has broadened my musical horizons, allowing me to deepen my understanding on various styles and periods throughout the history of music.

Zhu Kit Ming

The Becoming Me and Being Me (The Hong Kong University of Science and Technology)

I learned about concepts such as expectancy-value theory and Freudian personality structure. I know more about myself.

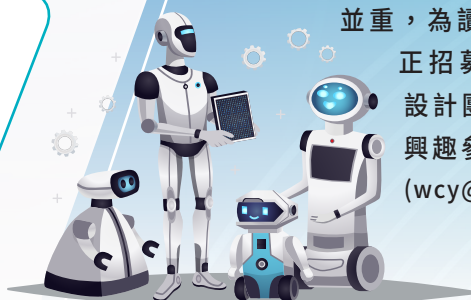
Business

Ng Ho Yin

Marketing in the Real World (The Chinese University of Hong Kong)

The most impressive part was the real-life analysis of Apple's pricing strategy.

《融風》是本校中英雙語雜誌，透過深度調查、專題報道、精闢對話等，務求知性與趣味並重，為讀者注入正能量。我們現正招募中英文編採、校對和設計團隊及徵稿。如同學有興趣參與，請聯絡黃老師 (wcy@skhcyss.edu.hk)。



Huang Qi Jia Angela, Zhu Ki Niki and Wong Hei Long Joshua