

STUDENT NEWSPAPER
EDITORIAL BOARD

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Evergreen

長青



ISSUE 1

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Hello, fellow schoolmates. It is my honor to present the first and only issue of Evergreen in this academic year.

I would like to apologize to everyone for only being able to publish one issue of Evergreen. In the past few years, the different articles in Evergreen really attracted me and I related to them. Unluckily, in this academic year, there was no proposed cabinet for the Student Newspaper Editorial Board. Therefore, as the Academic Secretary of the Student Executive Council, other students and I are now responsible for publishing Evergreen and providing joy and relaxation to all our schoolmates. With the help of teachers and school teams, we have overcome many difficulties together. Although we faced a lot of challenges, it was still a really worthwhile experience, and we hope that this issue will at least be satisfactory. Thanks to everyone's hard work and effort, the first issue of Evergreen is now ready for everyone to read.

Since we can finally have full-day school in this academic year, I would like to focus the themes of this issue on the members of our school family and their wonderful school lives. There have been a lot of changes. It is our honor that our new principal, Ms. Sin, eight new teachers, and a new social worker have all become new members of our warm and harmonious family. Other than the new staff members this year, we would also like to focus on the existing members of KTMC. We would like to introduce the Youth Red Cross, which we always see serving us at the School Hall and school events, so Maryknollers can know more about them. Apart from introducing one of our school service teams, we have also invited some students from different forms to share with us their wonderful school lives in KTMC.

Although the pandemic is still affecting our daily lives intermittently, we are lucky enough to have full-day school and enjoy our reunion with schoolmates. Most of the events were held successfully this year and we should all be grateful. Last but not least, let us hope for many fabulous years with interesting events and activities to come.

Enjoy reading!

*Chief Editor
5D20 Li Ka Ki*

4 OUR NEW PRINCIPAL – MS SIN

BEFORE BECOMING THE PRINCIPAL OF KTMC, MS. SIN HAD BEEN WORKING IN THE SAME SCHOOL AS A TEACHER EVER SINCE SHE GRADUATED FROM UNIVERSITY. NOW, MS. SIN TAKES ON A NEW CHALLENGE, LEAVING HER COMFORT ZONE AS A TEACHER AND EMBRACING THE RESPONSIBILITY OF BEING A PRINCIPAL.

HER PREVIOUS TEACHING EXPERIENCE HAS TAUGHT HER INVALUABLE LESSONS. RECENTLY, MS. SIN MET WITH A GROUP OF GRADUATES FROM HER FORMER SCHOOL, AND SHE RECALLED THE MOST CHALLENGING BUT MEMORABLE EXPERIENCES SHE HAD WHILE TEACHING THEM. IN THEIR CLASS, THERE WERE STUDENTS WHO STRAIGHT UP WERE NOT TOO CONCERNED ABOUT THEIR ACADEMIC PERFORMANCE. AT THE SAME TIME, THERE WERE PLENTY OF OTHERS WHO HAD THE POTENTIAL TO BE HIGH ACHIEVERS. BE IT THE WEAK OR STRONG ONES, MOST OF THEM LACKED CONFIDENCE IN THEIR ABILITIES DUE TO BEING LABELED AS PART OF THE "REMEDIAL" CLASS. MS. SIN TOOK HER TIME TO REBUILD THEIR CONFIDENCE IN THEIR ABILITIES AND HELPED THEM CATCH UP WITH THE SCHOOL CURRICULUM, AND HER EFFORTS PROVED AFFIRMATIVE AND FRUITFUL. IN THE END, ALL THE STUDENTS WERE ABLE TO ACHIEVE SATISFACTORY RESULTS. WITH PERSEVERANCE AND HARD WORK, EVEN THOSE COMPARATIVELY WEAK BUT HARDWORKING STUDENTS WERE ABLE TO BECOME UNIVERSITY GRADUATES. HER EXPERIENCE MADE HER REALISE THAT EVEN THOUGH NOT ALL STUDENTS ARE PARTICULARLY TALENTED, SHE SHOULD NEVER GIVE UP ON THE ONES WHO STRUGGLE.

MS. SIN FIRST ENTERED KTMC DURING LATE AUGUST IN 2022. AT THAT TIME, SHE WAS TRYING HER BEST TO GET TO KNOW ABOUT THE STUDENTS AND TEACHERS AS SHE KNEW NOBODY HERE. NOW, SHE COMMENTED THAT KTMC BOYS WERE VERY ENERGETIC, WHICH WAS A QUALITY SHE ENVIED A LOT. WHEN THE BELL RINGS, SHE ALWAYS SEES MANY STUDENTS RUNNING DOWN THE STAIRS, SHOUTING AND SCREAMING JOYOUSLY AND CHEERFULLY. BESIDES BEING ENERGETIC, SHE FOUND KTMC BOYS VERY FLEXIBLE, WHICH IS A TRAIT THAT CANNOT BE SEEN AMONG MOST TEENAGERS NOWADAYS. DURING MORNING ASSEMBLIES, KTMC BOYS MIGHT NOT REHEARSE A LOT BUT CAN FIND WAYS TO SOLVE PROBLEMS WHILE SPEAKING TO THE WHOLE SCHOOL. FOR EXAMPLE, WHEN THE POWERPOINT SLIDES DO NOT WORK PROPERLY, KTMC BOYS ARE ABLE TO TROUBLESHOOT THE ISSUE BY THEMSELVES AND COPE WITH PROBLEMS VERY QUICKLY. SHE DEEMED THAT THIS QUALITY IS ESSENTIAL FOR THEM TO OVERCOME THE CHALLENGES IN THEIR FUTURE CAREER AND THUS MUST BE TREASURED AND RETAINED.

ON THE SUBJECT OF CHALLENGES, MS. SIN FACED ONE WHERE SHE HAD DIFFICULTY REMEMBERING THE LOCATIONS OF ALL THE DIFFERENT ROOMS IN KTMC. FOR INSTANCE, THE GUIDANCE ROOM AT A14 NEAR THE NEW ANNEX IS A PLACE THAT MANY STUDENTS HAVE NOT BEEN TO. MOREOVER, GETTING TO KNOW PEOPLE IN KTMC POSED ANOTHER CHALLENGE TO HER. FORTUNATELY, HER COLLEAGUES READILY EXTEND THEIR HELP TO FACILITATE HER INTEGRATION INTO THE KTMC COMMUNITY.

Ms. SIN THINKS THAT KTMC BOYS, LIKE STUDENTS WORLDWIDE, ARE ALL FACING THE DIFFICULTY OF FAMILIARIZING THEMSELVES WITH NEW TECHNOLOGIES LIKE ARTIFICIAL INTELLIGENCE. SHE TALKED ABOUT THE POPULAR CHATBOT APP CHATGPT, AND COMMENTED THAT STUDENTS NOWADAYS NEEDED TO LEARN MORE COMPLEX MATTERS COMPARED TO THEIR COUNTERPARTS DURING HER YOUNGER DAYS. IN THE PAST, SHE WOULD BELIEVE THAT MASTERING ONE SINGLE SKILL WAS SUFFICIENT, AND SO SHE PURSUED HER ONLY HOBBY OF PLAYING THE CHINESE MUSICAL INSTRUMENT YANGQIN. HOWEVER, SHE NOW BELIEVES THAT STUDENTS NEED TO EQUIP THEMSELVES WITH A BROADER RANGE OF KNOWLEDGE AND SKILLS, SO STRESSES THE IMPORTANCE OF NOT ONLY LANGUAGE AND MATHEMATICS BUT ALSO CODING AND TECHNOLOGY. ALSO, MS. SIN THINKS THAT STUDENTS SHOULD HAVE AN AWARENESS OF POSSIBLE DANGERS THEY MAY FACE, SUCH AS THE TRAPS ON SOCIAL MEDIA. THEREFORE, SHE ENCOURAGES STUDENTS TO EXPLORE DIFFERENT SCENARIOS OUTSIDE THE SCHOOL, AS MERELY LEARNING IN THE CLASSROOM NOWADAYS IS FAR FROM SUFFICIENT. STUDENTS SHOULD VENTURE OUT MORE, BE EXPOSED TO EXTERNAL NEWS AND DEVELOP CRITICAL THINKING SKILLS. KTMC BOYS SHOULD LEARN TO BECOME SMART THINKERS AND ADAPT QUICKLY TO CIRCUMSTANCES.

SPEAKING OF KTMC BOYS, MS. SIN HAS NOTICED A NUMBER OF DIFFERENCES BETWEEN THEM AND THE STUDENTS IN HER PREVIOUS SCHOOL. IN PARTICULAR, THE MANNERS OF THE TWO GROUPS OF STUDENTS ARE DIFFERENT. BASED ON HER EXPERIENCES, THE INTERACTION BETWEEN BOYS AND GIRLS IN HER FORMER CO-ED SCHOOL WAS RELATIVELY GENTLE, WHEREAS KTMC BOYS ARE MORE BOLD, DARING AND OUTSPOKEN. THIS OBSERVATION WAS PARTICULARLY OUTSTANDING WHEN SHE PARTICIPATED IN THE LUNCHTIME TEACHER-STUDENT FORUMS ORGANIZED BY THE STUDENT ASSOCIATION, WHICH IS A BRAND NEW EXPERIENCE TO HER.

MS. SIN RECKONS THAT 'PEOPLE' AT KTMC CONSTITUTE THE MOST IMPORTANT PART OF THE SCHOOL. SHE APPRECIATES THE COLLECTIVE COMMITMENT OF THE TEACHERS HERE, WHO ARE ALL FULLY COMMITTED TO HELPING STUDENTS LEARN BETTER AND GROW UP TO BE THE BEST THEY CAN EVER BE.

ON A FINAL NOTE, MS. SIN HOPES THAT STUDENTS CAN FIND THE MEANING TO WHY THEY ARE LIVING. SHE ENCOURAGES THEM TO EMBRACE THE SIX CORE VALUES OF KTMC EVERY DAY IN THEIR OWN WORDS AND DEEDS, AND EMPHASIZES THAT THESE VALUES SHOULD NOT ONLY BE DISPLAYED TO OTHERS BUT ALSO REFLECTED IN HOW WE BEHAVE AS MARYKNOLLERS.



學校新成員介紹

張往老師今年來到觀瑪任教歷史科，在浸大歷史系畢業後，他承傳了父母對教育的熱誠，決定學以致用，為歷史知識的傳遞工作出一份力。

就教學的挑戰而言，他認為觀瑪學生的英文能力和學習態度皆值得關注。在經歷了長達三年多的疫情後，同學應該對自己的學習進行調節和跟進，提升自身的競爭力，才更有機會在未來的公開考試中爭取佳績。

張老師欣賞觀瑪自由的環境，以及當中充滿民主精神的氛圍。同學敢於表達、爭取和做決定的風氣和品格，都值得被保留和承傳。但同時，張老師亦提到他對於觀瑪學生的表現感到堪憂，他認為有部分同學可能未建立對觀瑪的歸屬感及欠缺個人目標，不明白觀瑪的優良傳統和風氣，令他們作出不成熟的行為，淡化了過往不少師兄一直以來所堅持的觀瑪精神，實屬一種危機。

因此，張老師對觀瑪同學有兩道寄語：首先，是不要看輕自己，接受自己的不足之餘，亦要堅持追尋自己的目標。其次，是要有克服困難的覺悟，觀瑪的所有同學都應一同努力去做好每件事，全力以赴。在日常的學習中，同學或可找同伴互相學習、交流，建立與同學之間的良好關係，高中的同學亦應做好榜樣，讓初中的同學努力學習，發揮潛能。



張往老師

曾美儀老師



曾美儀老師今年來到觀瑪任教倫理與宗教科。在香港中文大學修讀政治及行政學，畢業後，她便到母校任教經濟科和通識科，擁有豐富的教學經驗。

曾老師形容來到觀瑪任教是一種奇妙的「宗教緣分」，更是表達信仰的夢想工作。由於出生於宗教家庭，她很期望能夠將信仰、希望和正確的價值觀傳遞給學生。即使有部分的同學對此科沒有太多的興趣，她亦深信「生命影響生命」這句話，盡力完成教師的使命。

被問到對觀瑪有甚麼印象時，她認為觀瑪的學習環境和師資力量都很不錯，而觀瑪的學生亦比她想像中更活潑和健談。她期望同學應該確立好自己的人生目標，把握好現時學習的機會，努力考好文憑試，在大學畢業後能貢獻社會。再者，她也希望同學能夠學會在繁重的學業中適當地放鬆自己，不要「死讀書」，進行適量的課外活動，使身心靈都有更全面的健康發展。

最後，曾老師對瑜伽和手工製作皆有興趣和研究。如果同學有甚麼關於這兩種活動的問題和疑惑，曾老師亦很歡迎回答大家。



李海盈老師

李海盈老師畢業於香港大學數學系，是今年來到觀瑪任教數學科老師。她是一位基督徒，從小就立志成為一個老師，希望除傳授知識外，亦可以幫助學生身心靈健康成長。除了數學外，她亦熱愛音樂，課餘時她亦有參與不同的音樂表演和服侍。

李老師初來觀瑪任教的時候，認為觀瑪的學生大多較為害羞和內向。但經過相處及了解後，李老師認為大部分觀瑪學生都活潑開朗、健談風趣，而且更熱衷參與課內與課外的各樣活動。

李老師認為觀瑪的學生大都聰明、轉數快，可惜有少部分學生沒有清晰的人生目標，以致對學習欠缺動力。她強調單靠小聰明但欠缺勤奮的人能走的路並不會遠。故此，她希望同學在享受多姿多彩的中學生活的同時，也不要忘記提高對自己的要求，化壓力成為動力，這樣才能走更廣更遠的路。

李老師欣賞觀瑪普遍的學生的頭腦聰明，但表示部分學生沒有目標，對學習欠缺動機。雖然同學懶散的問題難於短時間內解決，但她強調同學需要改變自己的心態，好好分配自己的時間，過往的小聰明對高中學習的用處或不大，有需要可以尋求信仰的協助。

最後，李老師寄語觀瑪學生不要浪費天主給予大家的「他連得」*，要珍惜所擁有並加以善用。她希望同學畢業後能成為一個知書識禮的紳士，懂得尊重別人的同時也能得到別人的尊重。

註：他連得在聖經中是一個重量單位，音為「talent」。

許瀚林老師

許瀚林老師，於科技大學主修數學，副修法律和社會科學，之後將升讀公共政策研究碩士，他認為人不應該只是局限於個別領域，即使是理科人也可以寫好文字，同時許老師亦對人類行為和心理有興趣，所以修讀社會科學。

許老師曾從事研究助理和教科書編輯的工作，隨後他就來到觀瑪擔任數學老師。他首先希望可以提升同學的數學成績以升讀大學。許老師亦希望推動同學進步，以積極和樂觀的態度去面對困難。另外許老師也是學校田徑隊的帶隊老師，他希望可以透過田徑的不同項目去鼓勵一些對於學業成績沒有信心的同學去肯定自己，從而注重學業和認真上課與溫習。

許老師以前進修教育文憑的時候曾到男校實習，亦曾經男女校任教。他認為觀瑪與其他男校分別不大，但男女校的男同學比觀瑪同學「斯文有禮」。許老師以前在觀塘區讀書，對觀瑪都有一定的認識。他覺得以前觀瑪同學對於學校的歸屬感較強，有可能是因為前幾年疫情的來臨，同學需要在家網課，因而淡忘了對於學校的感覺。

剛剛加入觀瑪這個大家庭的時候，許老師覺得觀瑪同學比較「醒目」。在與觀瑪同學相處了一段時間後，許老師發現觀瑪同學對於眾多事務都遊刃有餘，唯獨於說話仍然有進步空間。

許老師覺得觀瑪同學在數學方面的能力比較出色，即使是一些底子比較差的同學都有一個正確的思維去拆解題目。但是觀瑪同學的變通能力比較弱，同一種的題目換了另外一種提問方式就不懂如何作答。許老師覺得他的困難在於如何由零開始，講解給同學去理解，讓他們可以明白當中的原理，駕輕就熟地應對不同種類的問題。比起一般男女校，女同學比較注重運算的過程，而男同學則是追求答案，較易忽略了過程的重要性，而這亦是許老師的教學理念，希望同學除了知道答案，也都要懂得如何去表達過程。

最後，許老師寄語觀瑪同學無論在學校、在區內、在香港，都能夠談吐大方得體，給其他人一個好學生的形象。

楊駿煒老師



畢業於香港大學的楊駿煒老師主修經濟學，於我校任教經濟、數學以及公民教育科。自小夢想成為老師的他有感自己的夢想仍未完全實現，因此他不斷思考如何改進自己的心態和教學技巧，以更有效地幫助同學們的學習和成長。

談及經濟科，楊老師認為這門科目非常注重對經濟概念的深入理解。他觀察到近年經濟科的公開試試題越趨多樣化，建議同學練習時不要僅僅死記硬背各類題型的答題字眼或框架，而忽略了題目背後的邏輯分析。楊老師強調，修讀經濟科的關鍵在於「行多步」，多動腦筋、多思考。他提到在設計教案、準備教學材料以至解答同學疑難的過程中，常常會冒出許多與學科有關的新發現。他相信學問經過反覆思考後總會變得更加牢固，只要同學們抱緊持續思考和探索的態度，自然能夠更靈活地應用所學。

楊老師坦言自己跟平常人一樣，也會有自我質疑的時候。他非常欣賞在課堂上能夠跟學生建立良好互動的老師，認為這種互動能使課堂更具啟發性，亦視這些優秀的老師為自己教學上的榜樣。楊老師認為每個人都有必要對自己有要求，做事不能得過且過。但他亦指出，過度追求大幅度的進步可能會產生反效果，使人誤判真正需要改善的細節和應該實行的方案。因此，他建議在努力提升自己的實力時要避免過分執著，宜保持理性和開放的態度，並接受過程中可能出現的短暫挫折或沮喪。

10 「這個世代越來越多『新嘢』和『好嘢』發生，例如更多的機會、科技的進步等等；同時亦『多咗啲衰嘢』，例如當代人正承受更大的壓力和孤獨感。我們無需為他人的批評停步，只求因他人的輕視而改進，做好自己，活在當下就夠。」楊老師以此話作結，勉勵同學們繼續進步和成長。

Mr. Huang Hing Yip



Mr.Huang Hing Yip,who graduated from the Chinese University of Hong Kong majoring in English and minoring in Government and Public administration,is presently teaching English in the junior and senior forms.Mr.Huang likes reading and watching movies when he has spare time.

During his time as a student,he encountered a lot of good teachers and they influenced him a lot.After graduation,he thought about becoming a teacher to help students become more passionate about learning English.

Mr.Huang has taught at another school before and believes that students in both schools would like to learn more and have expectations for their performance.Although there may be the misconception that students in a boys' school may not be as talented in general,he finds that the boys at our school are willing to take part in many leadership roles and are the role models for other schoolmates.

He reckons that most of the boys in KTMC are hard-working and motivated to learn. However, some students may need some individual support and guidance to learn better.

To improve, students should develop more good qualities in learning. Mr. Huang would like KTMC students to develop the habit of reading. He reckons that reading is the most effective way to improve the language as students can get to know more about how English is actually used and also to learn more about the words. At the same time, students can learn about how different people think of an issue and how to think about different perspectives. All of them help students to express their ideas more eloquently.

Last but not least, Mr. Huang expects KTMC students to keep their good traditions and practices. He hopes that students can do their very best to uphold them. At the same time, Mr. Huang would like students to develop the ability to think out of the box. For instance, by being responsible for a club or society, students are encouraged to think a little bit more about how to attract more people to join the activities by hosting some innovative events instead of just doing what was done in the past.

New Net Teacher

Ms. Wierzbicki

Ms. Wierzbicki comes from a small town in Canada called Sudbury, Ontario. She mentioned that it was cold and kind of boring. Therefore, Ms. Wierzbicki wanted to explore the world.

Ms. Wierzbicki likes to read when she gets a chance to relax. She has also been interested in writing ever since university, and she plans to write a book in the future.

Other than reading and writing, Ms. Wierzbicki also loves travelling. She always travels abroad and goes camping. She has a goal of visiting 100 different countries. Currently, she has been to 48 countries already. She wants to see more of the world, and learn more about different people and their ways of thinking and values. In her opinion, travelling is a fun way to educate yourself and an empowering challenge that helps you grow, especially when you are “travelling alone as a single woman”.



In university, Ms. Wierzbicki studied political science since she wanted to become a lawyer. She wanted to put her communication skills to use in trials. While she was still studying in university, Ms. Wierzbicki took a gap year to travel to Japan, and did some teaching in a kindergarten. During that time, she met her boss's wife, who rehearsed lessons with her and taught her how to teach people step by step. Thanks to her experience in Japan, Ms. Wierzbicki found her passion in teaching. Her experience also taught her that being well-organised is important. Moreover, teaching requires her to have a lot of patience. After travelling to Japan, Ms. Wierzbicki decided to become a teacher.

Even though Ms. Wierzbicki has a lot of teaching experience, she finds teaching in KTMC a great challenge in the beginning, especially considering that she joined the school in the middle of a school term. Moreover, she did not expect KTMC boys to be so casual and full of energy. However, after getting used to the atmosphere in KTMC, she finds teaching in KTMC wonderful, and she has developed a great relationship with KTMC boys.

Ms. Wierzbicki thinks that KTMC boys can try to improve their English by writing and reading more, in which she notes that reading has been proven scientifically to be effective in improving one's language skills. She also thinks that conversing in English with others in daily life is also an effective way to improve English. Things like talking to foreigners while travelling, writing to pen pals in other countries, or even helping a tourist to find the nearest 7-Eleven, can help students hone their English skills.



Ms. Wierzbicki hopes that KTMC boys can continue to work hard, and take responsibility in their studies. Taking responsibility means not waiting for teachers to tell you what you need to do about your missing homework. KTMC boys should be responsible for themselves. She also wants KTMC boys to be courageous at all times and think about how they should conduct themselves. In Canada, students think about how they should behave a lot, and Ms. Wierzbicki hopes that KTMC boys can do the same. She wants KTMC boys to be the best they can be, as it reflects who they are.

14 新駐校社工—姚智能先生



姚智能先生是今年度學校的新駐校社工，為人風趣，善解人意，是我們的良師益友。在觀瑪工作了一段時間，他對我們有了深刻的印象。

對觀瑪同學的印象？和其它學校的不同？

我來到觀瑪之後，觀瑪仔給我的印象是很有自信的。在和他們聊天的時候他們總能暢所欲言，甚至說出一些令人印像深刻的話。而且我也看到了許多由同學們主持的活動，他們天馬行空的想法給了我一種多才多藝而又擁有無限可能性的感覺。

對比過往的學校，我覺得觀瑪的同學因為富有自信而更為進取，他們有清晰的目標，做事亦更有規劃。我認為這對於年輕人真的很難得。

因為我也是年輕人，和同學們年齡相仿（自稱），能夠站在年輕人的角度看待事物和瞭解他們的情緒。我能用自己的經歷去幫助同學們，幫助他們走出困擾或幫助他們解決問題。而且能利用自己的經驗去發掘同學們的潛力和可能性，使他們能穩健發展及成長。我更希望成為同學們的同行者，在他們被情緒和其他問題困擾的時候拉他們一把，讓他們重新站起來，脫離困境。這就是為什麼我選擇做駐校社工和選擇的初衷。

為什麼選擇駐校社工？選擇的初衷？

對觀瑪仔的 話/期望



很多人可能不認識我這個新社工，因為在開學時我染上了新冠病毒，沒能出席開學典禮。而且有很多人說我和張往老師的樣貌十分相似，可能也是這個緣故，我多次被人錯認為張往老師，被人喊住說要收歷史功課。希望能透過這篇文章然更多人認識我。

我希望觀瑪仔能夠坐言起行。觀瑪仔的確很有自信，但是有時卻是「得個講字」。而且在實行前，觀瑪仔可以先想一想實行計劃的後果，而非憑一股勇氣和自信就去做。



social
social worker
worker

認識校園～服務小組

紅十字會青年團

相信同學都知道學校裏有不少的服務小組，但大家都未必知道作為觀瑪唯一的制服團隊當中他們有什麼工作和職責，是次訪問有幸邀請到 YU095 紅十字會青年團（下稱紅十字會）總隊長 方啓灝同學為大家介紹一下。

Q: 紅十字會團員有甚麼職務呢?



A: 紅十字會的團員都有不同的崗位，負責升旗禮外，也會在早會，陸運會，水運會以及一些比賽中當值。當我們看見有同學不舒服，我們會第一時間支援和帶不舒服的同學去休息。

Q: 團員在當值期間會何準備?



A: 正常情況下我們會帶備一個急救箱，裡面有繃帶，紗布，止血用品以及消毒藥水。當我們在早會當值的時候，我們會額外帶備一部血壓計讓頭暈，肚痛等輕微症狀的同學去量血壓以探知健康狀況。另外，我們亦會準備折疊床讓暈倒的同學可以躺在床上休息。

Q: 紅十字會的團員是否需要特定的資格?

A: 入團並不需要任何資格, 只要樂於助人且主動就可以, 想嘗試參與不同活動的同學皆歡迎參加。但如果在校內當值的話, 只要有某一個數量的人數持有青少年急救證書 (YBFA) 或者基本急救課程 (SFA) 陪同當值, 即使是沒有證書的團員都可以。

Q: 剛才提及到兩種課程, 那麼團員平時在什麼時候上這些課程? 可否簡單介紹一下?



A: 我們會先諮詢一下團員的意見, 揀選一些最多團員能夠出席的時間和日子, 然後去上課; 而課程的內容繁多, 例如備災課程, 急救, 繩結, 步操等等。當中的步操考試是需要整個團一起考試, 所以這類的訓練可以培養我們的默契和合作, 讓我們在當值的時候分工合作更得心應手。

Q: 你在加入紅十字會之後有何得著?

A: 我認為團隊合作特別重要。如果大家各不相謀，每個團員都做著不相關的事，就沒辦法發揮最大效率的援助。雖然自己已經持有急救證書，但沒有不斷的練習也會逐步忘記的，不斷練習才能讓我可以即時判斷到同學有什麼傷勢和特殊狀況。

另外，我以前是一個不太懂得去溝通的人，成為紅十字會的團員後可以與其他師兄一起練習和參與活動，從而讓我更加有自信地與其他人溝通和合作。

Q: 在加入紅十字會期間有什麼特別的經歷?

A: 第一個是步操考試，當時我們上步操堂課的時候是不間斷地練習，由早上9時到下午5時，基本上是一整日的練習，維持了數月才考試。當考試完結後得知合格的時候所有人都放下緊張的心情，面上都掛著燦爛笑容，所有人的努力都沒有白費，那一刻真的沒齒難忘。

此外，就是疫情前的團年飯。農曆新年假的時候，我們約定了一天的下午回到學校一起聚一聚。但疫情突然爆發，聚會管制措施令聚會都沒有在舉行過了，團員們難得以朋友的身分互相參與，一起有一個愜意的聚會，我自己都好懷念這個活動。

Q: 這兩年開始回復到面授課堂，有少部分的同學在早會的時候不舒服或者體力不支而倒下。作為紅十字會的團長，你有些什麼建議給各位同學？

A: 首先，最基本是早上在學校上課之前要吃早餐，如果沒有吃早餐，就可能會不夠能量讓自己去支撐。另外，禮堂裡面是比較悶熱的，所以同學吃了早餐比起沒有食早餐的同學會少一些不舒服的現象。最重要的是如果感覺到不舒服，一定要第一時間找老師或者禮堂旁邊的當值同學尋求協助，不要勉強自己。

Q: 同學如何成為紅十字會的團員呢？

A: 紅十字會於每一個新學年都會招生，如果有興趣的同學可以加入。另外，在學會選擇的表格上，服務小組部分都有紅十字會青年團的選項，有興趣的同學都可以打勾加入，然後我們就會派發一份會員申請表給那些同學填寫。

非常感謝方同學為我們各位同學介紹了紅十字會，讓我們了解更多關於他們。如果各位同學有興趣想加入紅十字會青年團的話，不妨留意住新學年的宣布和選擇學會表格去報名加入。

投稿文章：

周匯仁老師

學校生活分享

我們的香港故宮文化博物館 千年文化 匯聚精華

中三級學生於2023年3月的體驗學習週期間參觀香港故宮文化博物館。館內展出大量古代珍品，如玉器、陶瓷、書畫等，學生感受甚深。活動後的問卷調查顯示，大約八成的學生認為能從該次參觀中加深對中國歷史和文化的認識，使他們更欣賞中國的傳統文化藝術。



3B 孔德錦

在整個故宮博物館中，我最印象且認為最具特色的展品是乾隆款纏絲玻璃撇口瓶。它的瓶身以紅、白、藍三色相間，設計簡約而富有動感。這瓶子異常珍貴：製作工序極為繁複，瓶身先以白色玻璃吹製，再加上紅、藍兩色的玻璃條旋轉成紋，之後以磨刻玉石的方式打磨瓶身；口部和底部則以套玻璃技法，添加碧綠色玻璃作裝飾。整個瓶身的纏絲紋飾精美細緻，整體造型美觀大方，體現了中國古代工匠精湛的技藝和審美意識。這種獨特而高超的吹製玻璃技術，只有在集天下最優秀工匠和物料的造辦處才能製成。



乾隆款纏絲玻璃撇口瓶讓我認識到了中國古代在玻璃製作工藝上的超前，即便是幾千年前的工藝品，在今天仍顯得精緻美麗，讓人讚嘆古人的技藝、創意及審美觀。這瓶子也改變了我對中國玻璃生產技藝水平低下的看法，令我深深地佩服中國古代工匠技術之精湛。

3A 許方均

不同主題的展廳裏，景德鎮青花瓷、清朝皇帝御用物品、著名墨水畫等六百多件珍稀藏品，展現出中華文化的多樣性和獨特性。

最令我過目難忘的，是二號展廳裏的彩雲蝠壽字金龍紋男龍袍。這是乾隆皇帝慶壽、年節等嘉禮才穿著的吉服袍。這件龍袍是第一次對外展出，放在展廳正中央位置。聽導賞員說，在黃色緞地上，繡制了彩雲蝠壽金龍紋、海水江崖，以及日、月、星辰、山、龍、華蟲等十二章紋樣，是皇帝龍袍才能配上的。看著龍袍上極之細緻、色彩斑斕的花紋圖案和五條神采威武的五爪龍，實在難以想像天子皇帝的地位權力和卓絕風範如此的高！

我作為學生，能在香港看到衆多北京故宮的一級文物，實在感到慶幸。我們不僅僅從歷史書上讀到歷代皇帝的事蹟，還可以從他們以往的生活痕跡和故事中，了解到他們不同的愛好和收藏，更能引起我們對中華五千年種種文化的興趣。這是中華文化與現代的結合，扎根在我們的文化底蘊裡，一直承傳下去。



We Serve with Innovation: The Social Innovation Club

5E Sit Tsz Him

The Social Innovation Club was established this year after we won the Silver Prize in the Youth Impact Award in 2021, so as to carry on the spirit of bettering our society with innovative ideas. We aim to bring positive change to our society. Our committee collaborates and discusses innovative solutions to some of the most pressing social issues, such as supporting the underprivileged. Through a range of activities and events, we wish to foster a culture of creativity, entrepreneurship, and social responsibility. Members of the club are encouraged to share ideas, exchange knowledge and skills, and work together to tackle complex problems in our community.



Being the first chairman of the Social Innovation Club, we cooperated with a number of social enterprises to launch some projects for a better society. The charity cookie sale and the service project on ethnic minorities were the two activities that impressed me the most. For fundraising activities, flag selling is the most common one. However, by combining social innovation elements, we implemented a new solution to broaden the effects.

We held a charity cookie sale in school and cooperated with a social enterprise that promotes local vegan food. Instead of a mere donation of money, we hope to promote a more meaningful message on every coin our schoolmates and teachers donate. Vegan food can benefit the environment and the health of an individual. We hope to bring vegan food to the campus and let our schoolmates have a taste of it; vegan food can also be tasty. During the preparation period, we recruited some volunteers and went to the social enterprise to learn how to make vegan cookies. We found it easy to make cookies without butter and eggs. Selling vegan cookies at school can not only raise funds for the needy but also promote the concepts of healthy eating and environmental protection to students. So students' every coin donated not only helped the unknown needy in our society but also benefited their own health and the environment we are living in.





From our winning project in the Youth Impact Award, we discovered that the ethnic minority youth were afraid to communicate with local teenagers due to cultural differences, which hindered them from integrating into the local community. Inasmuch as they are facing these difficulties, we hope to bridge the gap between races.

Instead of holding a talk or providing certain kinds of services, we thought sports games were the easiest way to connect youths of different races. We decided to learn a new foreign sport called Kabaddi, which is now very popular in South Asian countries. It is more or less like the eagle-grabs-chicks game in our tradition. By learning Kabaddi, we learn more about their sport, showing our willingness to embrace their culture. We also taught those local and ethnic minorities youth who did not know the game to play it. Through the process, we had a lot of interactions with them. The exciting game successfully broke the racial barrier between us. We felt we were united as one in happiness after seeing participants' smiles and sharing our laughs.

To conclude, the social innovation club has brought me growth in leadership skills as well as critical thinking abilities with a view to developing social innovation solutions and bringing meaningful impacts to our community.



Students' Sharing:

Joint-School Social Service: KTMC x SCSG

「靈利關懷傳萬家」 聯校義工服務計劃

4C Tsang Ka Chun

A joint-school social service program was organized by the Community Youth Club (CYC) of our school and the Service Team of St. Catharine's School for Girls (SCSG) in January, 2023. As one of the organizers of the program, I thought it was a memorable journey.

First, we discussed the service target of our program through a series of online and face-to-face meetings. We had considered a number of options and finally, we decided to serve the elderly living alone in Kwun Tong to share the joy of Chinese New Year with them. We wrote a proposal to invite non-governmental organizations for cooperation. However, we were rejected several times, so we kept refining our proposal. After several attempts, we finally found an elderly centre in Kwun Tong that accepted our ideas.

We planned an ice-breaking day for more than 40 volunteers from the two schools. After a quick warm-up, the students from both schools worked in groups in the next 3 consecutive days to organize the Chinese New Year celebration activities, like writing blessing messages on red paper (Fai Chun) and making traditional handcrafts with red packets. Cooperating with the Chairman of the Service Team in SCSG, I was the host for the service session on the second day. We prepared the materials, like the red paper, ink and the brushes, for writing the Fai Chun with the elderly.



At the beginning, I was not bold enough to give instructions and speak in front of the elderly. However, with the encouragement from teachers and my partner, I finally delivered the instructions smoothly. While playing the warm-up games, I stepped out of my comfort zone and facilitated more conversations between the volunteers and the elderly. They got along with one another well within a short period of time. Surprisingly, a lot of the elderly people were good at calligraphy. Seeing that, I encouraged the volunteers to learn from them so as to foster more interactions among them and build an atmosphere of appreciation for the elderly. The day ended with laughter.

All in all, apart from learning organizational and communication skills through the program, I find that when you dare to try, you can break through barriers that may seem challenging at first. Therefore, do not fear failure but rather fear not trying!



4E Chan Nok Yin

In the service, I learnt a lot from the elderly. When I talked to them, I learnt more about Hong Kong in the old days. The elderly were encyclopedias that shared invaluable knowledge and experience that I never came across in the past. They even taught us how to write decent calligraphy and shared their skills and experience. The most memorable moment was when an elderly person held my hand and taught me how to write calligraphy step-by-step. I did not expect myself to do well as I do not have neat handwriting. However, with the elderly's patient teaching and good demonstration, I could finally do it and I had a strong sense of achievement. To my surprise, many elderly people, though having bad eyesight and a poor grip, could write beautifully with ease. As a result, the experience changed my perception of the elderly. They were knowledgeable and their life stories inspired us.

I feel fortunate that I had the opportunity to interact with the elderly people from the activity. We were all amazed. We intended to serve but, in the end, we were the ones who received a lot.



26 Students' Sharing:

Model UNESCO

5E Chong Ho Hon

5E Chan Ka Ho

5E Cheung Hin Wa

Introduction



Model UNESCO is an activity hosted by the UNESCO Hong Kong Association. This year, more than 150 students from 27 schools joined this event to express their opinions on environmental issues. The conference is split into two sections which are the presentation section and case study section. Students form a team of three, and make a strategy presentation as well as portray the roles of young activists in the case study section. This activity aims to raise the awareness of climate change and to boost the understanding of the United Nations Sustainable Development Group (UNSDG).

Sharing from 5E Chong Ho Hon



Our team represented Greece and we did a lot of research for the event. We searched all over the Internet and stumbled across different environmental reports containing loads of useful information we needed for our presentation. It is quite surprising to me that the European Union has been sponsoring a lot of funding programs in Greece. They sponsored the Q-equity program and the NSRF aid program. I have also learnt about Elevate Greece, an effective platform that aims to promote the growth of innovative start-ups. It is also extraordinary to see a lot of venture capital investments in Greece despite the government debt crisis.


To sum up, it was a unique opportunity to learn about the global climate crisis, and to improve speaking and listening skills.

I definitely encourage all of you to take part in this meaningful event to improve yourself in the future.

During the conference, the most unforgettable thing is that most of the other delegates were able to speak in English fluently with many professional technical terms. I had to be very attentive in order to jot down the main points of their speech. Besides, the delegates were incredibly active in asking questions. They cherished every opportunity to ask questions by raising their hands. From this event, I realize that I need to be more active. During the case study section, I tried to ask as many questions as I could to foster a better understanding of others' stance and proposal. Moreover, I learnt presentation skills from the students of other teams. It was amazing that the delegates of Australia brought a wind turbine model to illustrate their strategy and advocacy. It was a creative way to entertain the audience and gain votes for their proposal. I realize that I need to be more creative and improve my presentation skills in the future.

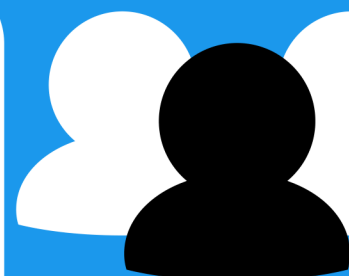
Sharing from 5E Chan Ka Ho

Have you ever heard of Elevate Greece? It is a platform that provides start-ups with mentorship, and networking opportunities that connect different start-ups. As a Hongkonger, I had not heard of this platform before. This was one of the many pieces of information we had to process participating in the model UNESCO.

In order to present the policies that Greece has already implemented, we needed to search for and process heaps of information like Elevate Greece in the competition. Indeed, doing research on policies that we were not familiar with was one of the biggest challenges. It was especially difficult as we had no prior knowledge of Greece at all. Despite the obstacles, we learned many innovative measures for climate technology around the world during the conference.

Not only did I learn more about different policies, but I also learned some communication strategies. During the model UNESCO conference, each delegate needed to defend their own proposal as well as their national interest. Therefore, every delegate wanted to raise questions after the presentations of other groups so as to challenge the ideas that may violate their national interest. It was essential for us to identify their concerns and convince them that we could actually work together instead of being rivals.



During the case study session, we needed to come up with a proposal that all of the delegates would agree on. With a view to passing a motion, we had to negotiate and compromise with others. Balancing different stakeholders' interests was the cornerstone of a successful proposal. During the negotiation process, I met a lot of capable students who gave impressive presentations professionally.

I learnt from the activity that we need to be humble and open-minded. I have also decided to polish my presentation skills and broaden my understanding of the world after the event. As the ancient scholar, Xunzi, once said, "Learning never ends." My journey of learning is just getting started.

2022-2023 臨時編委會

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