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# Evergreen

長青

觀塘瑪利諾書院

KTMC



Kwun Tong Maryknoll College





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# 校長採訪：

## 品德教育



▲早前對校長就觀瑪德育進行訪問

相信每位進入觀瑪校園的觀瑪仔都會接觸到四個重要的價值：尊重 (Respect)、責任 (Responsibility)，及在正確的時間做正確的事 (Do the Right Thing at the Right Time)。這四個原則不僅旨在培養學生的品德，也是本年度校報專訪校長的中心主題。

### 校長能否分享觀瑪對於品德教育的核心理念？

觀瑪的4R是建立在對學生深厚的信任基礎上。4R除了讓學生了解應該怎樣做，背後有很大的空間讓學生發揮。我們相信每位觀瑪仔都能表現出責任感，尊重他人，並在適當的時刻作出正確的決策。這四個原則不僅是行為準則，更是對學生能力和價值觀的信任表現。我們鼓勵學生獨立思考，而非機械記誦，因此，4R原則也設計得便於學生記憶和實踐。

### 學校在這方面有哪些具體政策和措施？冼校長有何見解？

學校的措施當然不少，例如每個星期一的周會，不同的組別如宗教組、輔導組、訓導組、公民教育組等，會作出不同主題的分享。此外，天主教的五大核心價值也建立了學校的氛圍，加上學校的六個校訓，這些都為學校建立了穩固的德育教育框架。

不過，我認為教師與學生之間的互動至關重要。我時常會問學生，學校和補習社有何分別？很多同學會回答說，上學是為求學習書本上的知識。對我來說，學校更重要的角色，是讓學生學習待人接物、人際交往和道德規範等社會微觀的重要基地。因此，如何在學校裡灌輸正確的道德觀，我相信關鍵在於老師本身。在我的成長過程中，遇過很多優秀的老師。他們對我的價值觀、對我如何思考以及如何做出決定，都有著非常深遠的影響。讀書可以靠自己努力，但在處世和與別人交往的事情上，必須有一些活生生的「Role Model」的影響下才能



學到。因此，最終老師作為模範作用是不可或缺的，因為學生會模仿老師的行為和價值觀。

何俊邦老師曾提到，不同的學校有各自的校規。然而，為何觀瑪的校規會呈現現今的樣貌呢？這是因為我們秉持著信任學生的理念，並融入天主教教育的精神——寬恕、包容與愛。我們需要這樣的框架與架構，才能建立現行的校規。雖然增加更多校規是可行的，但我認為這未必恰當，同時亦不能符合我們學校的運作方式。

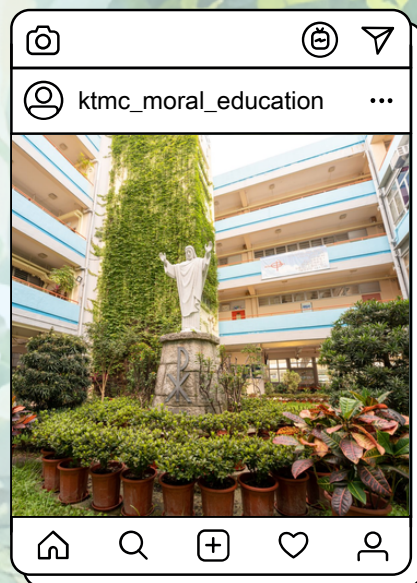
## 德育的挑戰

近幾個月，訓導組多次提醒觀瑪仔於網上媒體的言論和行為，校長對此又有甚麼回應？

社交媒體已成為一種無法逆轉的社會現象。對當代學生來說，處理來自社交媒體的壓力是一大挑戰。學校並不會禁止學生使用社交媒體，但我們會持續教育同學，強調每次發言都應具有意義，避免無責任和傷害他人的言論。這是學生學習負責任表達和社會交往的重要部分。

當今社會，人們普遍透過社交媒體表達意見，或尋求他人的認同與讚賞。我認為這是一種顯著的社會現象。回想數十年前，當我年輕時，根本不需要面對這樣的情況。當時的生活沒有社交媒體，每天接觸最多的只是電視，但其即時性遠不如現今，尋求他人回應的機會也相對有限。而如今，每個人都能成為記者、錄音師，甚至評論者，隨時發表觀點並影響他人。因此，應對社交媒體所帶來的變化與挑戰，確實變得更加困難。

每個時代都面臨新的挑戰，我認為社交媒體的發明確實帶來了許多便利與機會。然而，同時它也帶來了不同形式的壓力。對於年輕人而言，除了學業與社交上的壓力，媒體所傳遞的信息與影響也成為另一種負擔。



▲ 在社交媒體上也需要注意言行



我相信「Special Assembly」在過去也曾存在，只是最近兩次的主題都與不當使用社交媒體有關。這些議題確實值得關注，因為許多人可能在初期並未意識到其中潛藏的風險與問題。我們可以透過「Special Assembly」作為一個契機，提醒同學需留意自身在社交媒體上的行為與影響。這並非壞事，因為每個人都有不同的面向，而了解並善用這些工具，才能更負責任地應對數位時代的挑戰。

## 於政策上，學校會否考慮為此而作出改變？

我相信不斷的提醒是必要的，因為人總是需要被提醒與引導。然而，關於學校政策是否會因此改變，我認為學校並不會禁止學生在社交媒體上發表言論，這絕不是我們或任何人希望做的事。

學校的老師們在這裡工作多年，深知這所學校的氛圍與辦學理念，因此不會透過政策來限制學生的發聲權利。相反，我們會教育學生，在發表意見時，必須確保自己的言論是有意義的，而非出於衝動或不負責任的態度。我們要提醒他們，任何言論都不應傷害他人，更不應只是為了批評而批評。學生的聲音應該具有價值，能夠促進學校、個人或社會的進步。

如果一個言論缺乏意義，既無助於學習，也無法帶來正面的影響，那麼或許它就不值得被說出口。我們希望學生明白，言論的力量很大，而如何善用這份力量，是我們應該共同學習與思考的課題。

## 現時的品德教育是否見效？

我認為，中學階段是價值建構的關鍵時期，而從中學到大學則是一個截然不同的階段。在中學時，班主任、老師以及校規為學生提供了清晰的指引與框架；但進入大學後，則不再依賴校規，而是以法律作為行為準則。在中學階段，學生仍然處於一個被保護的環境中，學校的職責是教育他們，幫助他們分辨對錯，培養正確的價值觀。

如果我們在學生價值建構的關鍵時期，只是採取「止血」式的方法，告訴他們



▲ 學校從不同途徑教導學生待人之道



什麼不能做，單純依靠規則來限制行為，那麼這並不能真正教導學生如何做決定。他們將缺乏批判思考的能力，也無法學會如何作出選擇。

我認為學校應該在一個安全的環境中保護學生，讓他們有機會思考不同的事情，並理解哪些行為是可取的，哪些是不適當的。這樣的教育方式，才是最有效的。如果學校希望學生完全不犯錯，那麼確實需要制定非常嚴格的規則，但我相信，這並不是教育的本意。真正的教育，應該是讓學生在安全的環境下學習判斷，而不是單靠懲罰來約束行為。

## 洗校長給 觀瑪仔的寄語

在我第一年教書時，曾感到不知所措，面對許多挑戰時也難免處理得不夠理想。當時，一位同事——也是我中學時期的英文老師——曾經提醒我，要學會分辨何時應該發言，何時應該保持沉默：

“We should never criticize anything without making constructive suggestions.”

我們不應該只是一味批評，而不提出具建設性的建議。

這句話深深印在我腦海中，成為我對待他人與工作的準則。我們必須時刻警惕，不應該隨意批評而不提供解決方案。這讓我經常反思：我是否真的需要說這句話？這句話是否具備建設性？如果我們的評論沒有任何實質幫助，那麼不說可能會更好，因為無謂的批評不僅可能傷害他人，還可能帶來更多問題，甚至引發不必要的矛盾。

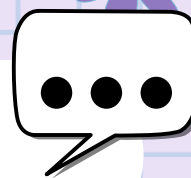
因此，我想提醒觀瑪的同學們，如今的社會若要維持和平，需要大家付出極大的努力。我希望當我的學生離開這所學校時，能夠具備這種素質——明白自己有能力為社會帶來和平，而其中一個重要的方法，就是不輕易發表沒有建設性的批評。學會審慎表達、善意交流，才能真正推動社會向前發展。



▲觀瑪的未來掌握在每一位觀瑪仔手中！



# 新老師訪問



李燕珊老師

## 為何你會成為一位老師？

李老師自幼便對中文產生了濃厚的興趣，她認為中華文化博大精深，有許多值得學習的地方，所以希望能將當中的品德和精神分享給更多的人。

## 在你的教學中，什麼是最重要的？

在中學時期，李老師受到師長的深厚恩惠及細心照顧，故此想把這份熱誠與教學理念承傳下去。由於普遍主流的課堂多以老師單向傳授為主，所以李老師希望能促使學生勇敢發言，培養他們的口語能力，並能在日常生活中靈活應用所學知識。

## 在男校教學會遇上甚麼困難？

李老師深信以學生為本的教學，能強調師生之間的雙向互動與溝通。為了滿足不同學生的需求，李老師注重創造輕鬆的課堂氛圍，強調溝通，以學生為本進行教學。李老師鼓勵學生積極發言、提問，分析不同學生的強弱點及特點，以提高他們的學習動機，制定更有效的教學策略。

## 你對觀瑪的學生有何期望？

最後，李老師祝福每位學生都能茁壯成長，能夠進入心儀的大學，修讀自己感興趣的科目，發揮所長，盡展所能，為社會作出貢獻。李老師聽聞觀瑪不少學生也期望在日後能成為一位出色的老師，春風化雨。李老師希望以身作則，成為學生的榜樣，展現積極的人生態度和良好的品德，培養學生成為善良正直的人，以生命影響生命。



## 為何你會成為一位老師？

梁老師從小就有許多天馬行空的夢想，但凡見到有趣的職業都想嘗試，所以夢想也常常變來變去。直到某次高中的考試前，她為一個臨急抱佛腳的好友補習，結果成績一直吊車尾的好友竟難得於考試前取得及格的成績，這令人喜出望外的結果也讓梁老師感受到教學的樂趣。自此，她便以當教師作為人生的目標。至於為何會選擇當中文老師呢？她笑言：

「因為最擅長中文！」據梁老師所言，她從小便喜歡閱讀，常愛到書局「打書釘」，偶爾也愛寫作，慢慢打下扎實的語文基礎。「我希望與同學們分享學習語文的樂趣，也希望傳承中國文化，所以選擇當中文教師！」她堅定地說。



梁美茵老師

## 在你的教學中，什麼是最重要的？

梁老師認為學生能否理解自己的教學是最重要的，無論在備課還是教學時，她都會思考自己如何令同學明白教學內容。她希望同學在課堂上遇到任何不解之處時，能夠及時發問，希望能解答同學的問題之餘，也能了解同學是否明白自己所說。

## 你會如何形容自己的教學風格？

梁老師以「熱血」和「精神」二詞形容自己的教學風格，希望同學能在課堂上保持清醒和積極之餘，亦能善用課餘時間發展個人興趣。她期望觀瑪的同學們能時常對生活充滿熱情，對世界保持好奇心，以積極正面的態度面對種種人生的關卡。

## 你對學生的個人和學術發展有什麼期望？

個人成長方面，梁老師認為學生應了解自己的性格特點，適時調整。「高中生涯是學生感到最迷惘的時間，我希望能夠陪伴學生發掘個人潛能，發展個人興趣。」她希望同學能在高中生涯裏找到自己的夢想，以及人生的方向和目標。若同學們仍然對自己的人生路向無從入手，她建議這些同學嘗試找個機會好好沉澱，思考自己想成為一個怎樣的人，以及日後想過怎樣的生活。

學術方面，梁老師認為學生要先找到自己的人生目標。她希望同學能在中學生涯裏找到自己擅長的科目，並加以發揮；對於不擅長的科目，她亦希望同學能透過改善自己的學習策略和時間管理，以應付公開考試。



## 為何你會成為一位老師？

在中學時期，李老師遇到了兩位啟蒙老師，他們讓她了解到，一位優秀的老師能夠對學生產生深遠的正面影響。李老師因此認識到，當教師是一份充滿意義的職業。此外，李老師喜歡與人互動，並熱愛將各種知識傳授給學生，這使她感受到成就感。因此，她決定投身教育事業。



李彩嵐老師

## 在你的教學中，什麼是最重要的？

李老師認為，激發學生的學習興趣是教學中最重要的部分。正如《師說》中所提到的：「師者，所以傳道、授業、解惑也。」因此，李老師認為作為一名教師，能夠有效地授業和解惑是基本任務。為了實現這一目標，李老師希望能夠激發學生的興趣，使他們在課堂上願意接受教學，並在課後主動學習。

## 你對學生的個人和學術發展有什麼期望？

在學術方面，李老師期望看到更多的學生主動自學，擴展自己的知識領域。她認為，僅僅依賴學校的教學已經無法滿足當今社會的需求，尤其在人工智能迅速發展的時代，學習新知識變得相對容易。因此，除了掌握課本知識外，學生在課後進一步提升自己也是非常重要的。

在個人成長方面，李老師希望學生能在中學階段逐漸成熟，以適應未來的社會生活。她期待學生在生活中有所追求，並在升入大學後擁有更清晰的目標。

## 在參與戲劇製作當中有什麼啟發？

李老師和周老師都是話劇隊的負責老師。但關於戲劇的製作，她認為自己懂的也不太多，所以一路上也跟着周老師學習。同時李老師認為參加話劇，除了可以學習到團隊合作精神之外，也能了解更多社會中大大小小的事，切身處地感受更多新事物。



## Why do you want to become a teacher?

When Mr Tsui was choosing his course at the university, he did not intend to become a teacher. Although he majored in science, he did not like calculating. Instead, he is a big fan of football and he likes playing it in my leisure time.

During his Year 4 summer vacation, he went to Poland as a volunteer to help the refugees from Ukraine. During that time, he met many people. Many of them were teachers, who guided the students as a teacher and built wonderful relationships with them. Looking back, he has realized that teachers he has encountered from secondary school to now, have not only taught and educated people but also set aside their status to help others. Their spirit of selflessness has deeply influenced him. That is why he made up his mind to become a PE teacher. He hopes to be like them, guiding and influencing his students.



Mr. Tsui Ho Ming

## What is the most important thing in your teaching?

Mr Tsui regards teaching with enthusiasm and dedication as essential. Without putting effort in teaching, students will struggle to learn new knowledge. As a teacher, he aims to teach students how to get along with others and express themselves so as to help them get through troubling times. He maintains that a passion for teaching is crucial since all of his students are the future pillars of society. He will impart the knowledge that he thinks is important, and encourage their critical thinking and leadership development. He hopes to become a nurturer of the future leaders of our society.



## Do you have any expectations for our students?

Mr Tsui hopes students are willing to share their thoughts, as this allows them to develop clear expression and strong communication skills. By exchanging ideas effectively, they can develop good relationships with others. Additionally, sharing encourages the development of critical thinking skills and the ability to analyze and evaluate various perspectives, thereby providing insightful ideas. He believes these practices will enhance students' interactions and lead to the meaningful ideas for sharing.

## Feelings about Maryknollers?

Mr Tsui has observed that Maryknollers have developed a strong bond within the school sports team, fostering a deep sense of belonging. Also, they communicate openly and express their needs or learning challenges with ease. In this supportive environment, they feel brave enough to ask questions and actively seek help. Such an open atmosphere encourages mutual understanding and support among one another.

## Why do you want to become a teacher?

Mr. Law grew up inspired by many exceptional teachers. During his school days, he struggled with English, often teetering between passing and failing. Thankfully, supportive teachers guided him, showing that learning can – and should – be enjoyable. They introduced him to videos and songs that stimulated his thoughts and significantly changed his perspective on the subject. Conversely, he also encountered discouraging teachers, including one who labeled him as "rubbish" with no future. This motivated Mr. Law to become a teacher who advocates for undervalued students and positively influences their lives.



**Mr. Law Kai On**



## What is the most important thing in your teaching?

Mr. Law believes that adaptability and fostering a love of learning are paramount. In today's rapidly changing world, especially with emerging technologies like AI, teachers must stay updated. He emphasizes the need for innovative approaches that incorporate AI elements into lessons to keep the learning experience fresh and relevant. Additionally, he values creating a joyful classroom environment, as a positive atmosphere significantly boosts student motivation. By staying connected with popular culture, such as the latest songs, he makes lessons more enjoyable and relatable, fostering a stronger connection to learning.

## Expectations for KTMC students?

Mr. Law hopes that KTMC students will adopt a better mindset and sense of responsibility. He has noticed that many of his Form 4 students feel discouraged about their English abilities, often believing they lack foundational knowledge. He encourages them to take the initiative to try, embodying his life motto: "Perseverance creates magic". He believes that with hard work and determination, remarkable progress is achievable. Additionally, he emphasizes the importance of being responsible and considerate – whether by keeping the classroom tidy or being mindful in communication. These qualities will help them build better relationships in school and in their future careers.

## What inspires you to be a teacher?

Mr. Mears wasn't actually inspired to become a teacher, but kind of fell into it by accident. When he went to Taiwan and accepted a job teaching in a language centre, he thought that it would only be for one or two years. But then that turned into 3 years, which turned into 4, and eventually it just became his life. So, he became more serious about teaching – getting better teaching qualifications to respect what his career is.

At first, Mr. Mears only wanted to see some of the world and travel a bit, but then he found that he really enjoyed teaching and got better at it. Therefore, over two decades later, he is still teaching.



**Mr. Mears**



## Most important thing in your teaching career?

Having an environment that is fun, has jokes but is still serious. Mr. Mears likes having a lot of fun and jokes in his class, but there still has to be a line that cannot be crossed. Like some jokes which are too personal, or language that is inappropriate. But mostly in the lesson, he wants to make it fun and engaging. He often tries to incorporate some surprises and even shocks. It makes the class more memorable. Students don't know what will happen next in the lesson so they will be more likely to pay attention and learn something.

## What is your motivation in your life?

**Family.** Mr. Mears didn't have a child until he was 47. That is quite old to become a father. Before that, his life was very different. What he cared about was hanging out with friends and travelling and things like that. Once he became a father, his life and what he values changed a hundred percent. Now it's all about his daughter and making sure she's safe and has a good life, and his wife too.

**Family is everything now and that's very different from the first part of his adulthood.**



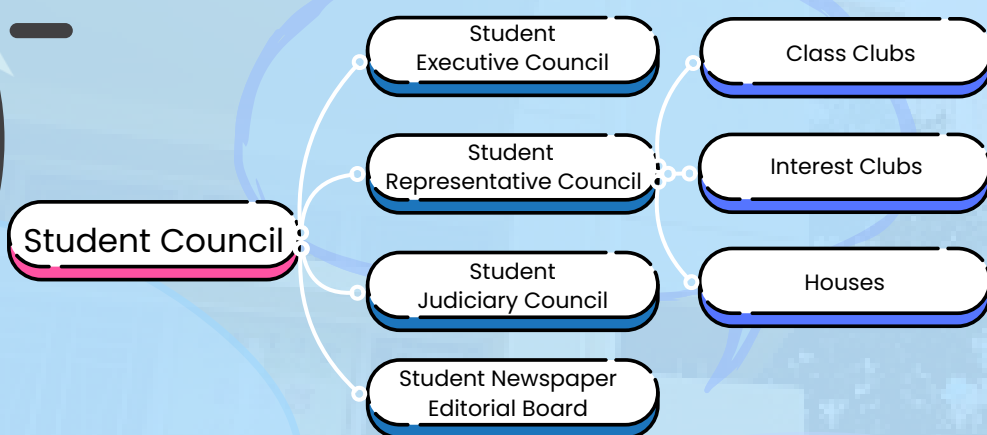
▲ Morning sharing by Mr. Mears about pronunciation



# Introducing the Student Council

Hey there, students! Have you ever wondered how our school runs so smoothly? It's thanks to some powerhouse groups that help shape our community. Read on to find out more!

## Structure of the Student Council



## Student Representative Council

Composed of elected student leaders who take on supervisory and legislative responsibilities, the Student Representative Council acts as the superhero team of our school governance. Their mission is to ensure that everything runs according to the Constitution we all agree upon. They keep a close eye on various student groups, review and approve budgets and activity plans, and have the power to draft new regulations and suggest changes to our school Constitution such as election of Councils and modifications on policies regarding school order and welfare, inviting your ideas for improvement.



## Student Executive Council

Then we have the Executive Council, the visionaries of our school, who turns ideas into action. This council makes sure that the amazing plans from the Representative Council come to life. For instance, they are involved in planning various activities for schoolmates to enjoy. They are behind the scenes for events like joint-school oral practise, Christmas lucky draw and local exchange programme. As such, they collaborate closely with the Representative Council to keep everything aligned with our school's mission and vision. They also advocate for your needs and interests, ensuring that your opinions are heard loud and clear.

## Student Representative Council ▲





**Student Council Election ▲**

## Student Judiciary Council

Conflicts can arise in a lively school environment, and that's where the Judiciary Council steps in as the guardian of fairness and equity. They mediate disputes and help ensure that every voice is respected. This council interprets the school Constitution and oversees compliance, promoting transparency and fairness to maintain a safe space where every student feels valued.



**▲ Student Judiciary Council**

## Student Newspaper Editorial Board

For those with a flair for writing or a passion for storytelling, the Student Newspaper Editorial Committee offers a creative outlet. This committee provides a platform for you to share your thoughts and opinions through the school newspaper. Members craft articles that reflect the heartbeat of our school, spotlighting student events and encouraging communication and a sense of belonging as a part of the close-knit community. They also collect views from students via channels such as online platforms and forums to decide what topics to cover, ensuring everything is respectful, accurate, and engaging. Therefore, if you have a story idea, they are eager to hear it.



**▲ Student Newspaper Editorial Board**

These councils form the backbone of our school community and thrive on your energy and ideas. From overseeing school operations to organizing events and upholding justice, each council plays a critical role in shaping our environment. Whether you want to join a council, attend meetings, or simply stay informed, remember that **your voice matters!** Grasp your opportunity to be involved in the Council and let's work together to create an even better school culture. The future is in your hands!



# THEME OF THE YEAR

**“Christ will make his home in your hearts through faith and you may have your roots and foundation in love. (Ephesians 3:17)”**

*This sentence is from “The Ephesian’s Prayers”, where Paul is praying that the Christians in Ephesus will know God’s power and love in their lives.*

## Introduction

At the opening ceremony of every school year, students with refreshed energy after the long summer break are welcomed by a new theme of the year. The theme serves as the value that our school would like to emphasise and encourage students to develop throughout their coming academic year. The same goes for this year. Do you remember the theme of the year?



▲ **Do you remember the theme introduced in the opening ceremony?**

## Love:

### An Intricate Topic

This year, our focus is “Love”, one of the most important virtues in Catholic education, supported by the passage from Ephesians 3:17. Many

Maryknollers tend to view love as an abstract concept. However, love is not something hard to achieve, nor is it a waste of time. Even through a small action, we may spread the seeds of love to the world.





## Actions for Love

The passage encourages us to have faith in God and emphasises that love should be the guiding principle for our actions and beliefs. Through daily practices, such as morning prayers to God and learning His virtues during school mass, love can sprout in our hearts. This encourages us to model His spirit in our lives and demonstrate love to others in society. By consistently engaging in these practices, we strengthen our faith and deepen our connection with God, allowing His presence to guide us in all aspects of our lives.



▲ Prayer is a way to demonstrate love

### CYC Charity Cookie Sale last year

To plant the love seedlings, our school provides students with various opportunities to learn how to make love the foundation of their actions. For instance we hold an annual blood donation activity that encourages students to help those in need.




Additionally, the F3 volunteer program invites all F3 students to participate in charity services. Our Community Youth Club organises regular volunteering activities as beach clean-ups, poverty alleviation projects, and charity bazaars, with all proceeds going to the needy. Through these initiatives, students gain a sense of participation in social issues, learn to address community challenges, and experience the fulfillment of living a life guided by love.

In conclusion, love is essential in our lives, and we should all strive to demonstrate the qualities of love in our daily actions. Let's work on nurturing the seedlings of love to flourish in the world and spread the message of love from God!







KTMC is a school that prioritises students' overall development in addition to their academic achievement. Our school has founded a dynamic and passionate rope skipping team, dedicated to cultivating students' sportsmanship and teamwork. More than just a sports team, this team is like a large family where each team member can find a sense of belonging and excite their potential. Let's read on to learn more about their story.



## TRAINING CONTENT

The rope skipping team is made up of a group of enthusiastic and talented students who are constantly striving to improve their technical skills under the guidance of their coaches. The skipping team has a thorough training program that is tailored to accommodate different skill levels such as speed, flexibility and body postures.

## WHY ROPE-SKIPPING?

Rope skipping is a high-intensity aerobic activity that helps students to improve their heart and lung health while enhancing overall endurance. It also requires hand-foot coordination, which in turn improves the body's sense of balance and coordination.

Strength and conditioning exercises are incorporated into every training session to enhance the general fitness of the member. All training is designed to improve endurance and performance, including cardiovascular exercises, agility drills, and core strengthening routines.



# ROPE SKIPPING TEAM

*Introduction*



Members of the team ►





To know more about the Team, we had an interview with the team's members and instructor:

### **Q1: What is the mission of this team?**

**A:** The rope skipping team, which was established last year, originally focused on fun and exercise more than competition.

Without a formal structure to facilitate participation in competitions, the focus was on enjoyment and physical activity amidst the demands of studying. Due to the small number of team members, many of whom are still learning and developing. Therefore, instead of gearing up for major competitions, the emphasis remains on fostering a love for the sport and promoting a healthy lifestyle. Without the pressure of competitive goals, the members can build a sense of belonging and staying active through sports.



▲ Student enjoying rope skipping during club day

### **Q2: Are there any expectations on what members will achieve?**

**A:** Given our focus, members are encouraged to rise to the occasion and persevere instead of giving up. Although many of the members have already shown their determination, the team's instructor believes that they can 'go further'.

Looking ahead to January and February, the team will participate in several competitions. The instructor hopes that, regardless of the outcomes, these events will provide valuable experiences for all members. The goal is for participants to develop essential skills and also foster a sense of camaraderie within the team.

The Rope Skipping Team aims to cultivate a mindset of teamwork and collaboration. By enjoying the process and learning together, the experiences gained from the competitions will certainly serve as opportunities for both their personal and collective growth, making the journey meaningful and enriching for every member involved.





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