



積極主動迎挑戰 推廣運動育英才 訪問黃金寶先生

5A 關鈺妍、5B 戚貝儀

談及香港運動界，同學腦海中會浮現出哪些人呢？本年度，我們非常榮幸，邀請本學年運動會主禮嘉賓——香港著名單車選手黃金寶先生，蒞臨本校接受我們的訪問，讓我們了解他的經歷和他從中得到的啟發。

回首過去，黃先生坦言起初未想過以運動員作為自己的職業，直至在首次參加本地公開比賽後，才令他的想法有所轉變。那時，他抱着要勝出的心態，當超越了其他選手時，更囂張地奚落他們；最後，他落敗了。事後，他深刻反省，才明白自己仍有很多不足之處。原來運動不只在於技巧，更重要的是態度，要堅持不懈地訓練和有認真的態度，才能成為出色的運動員。自此以後，黃先生開始懂得欣賞運動的魅力和運動員的精神，希望藉運動幫助個人成長，於是便立志要成為一位單車選手。



黃金寶先生與我們分享他的經歷和體會。

追尋單車夢的途中，難免會遇上很多風雨。黃先生認為除了身體上的受傷外，更值得關注的是心理上的創傷。很多時候比賽落敗、想法不被認可，都會令運動員感到沮喪和痛苦。不少人都會將這些情緒深埋於心底，選擇忽視它們，最後令自己的生活和工作受到影響。因此，黃先生主張坦誠面對自己的問題，向家人，社工和其他專業人士尋求幫助，指引自己走出陰霾。身邊人的支持和鼓勵固然重要，但無可否認的是，最後能否邁向成功仍取決於運動員自身。對於黃先生而言，他的教練和家人都是一盞盞明燈，為他照亮前路；但他們提供的，只是一些意見和選擇，自己仍需透過思考和分析來作出決定，並為此負責。由此可見，我們必須謹慎處理心理上的問題，有需要就尋求適當的幫助，才能協助自己作出正確的決定，繼續往目標進發。

退役後，黃先生曾參與「奧夢成真」計劃，現時專注經營「同榮單車」，希望能推動本地運動風氣。談及在「奧夢成真」的經歷，黃先生提到自己和其他教練經常到不同學校舉行活動，例如教學生跑步和踏單車，鍛鍊體能和為同學帶來樂趣之外，亦能藉此分享價值觀和人生態度，推廣運動之餘，更希望能協助學生成長。在參與這計劃的同時，黃先生清楚自己最喜愛的始終是單車。因此，在機緣巧合下，黃先生經營「同榮單車」，希望令運動產業化。有



前：校長朱啟榮博士、黃金寶先生

後：3D 陳柏熹、3B 關雋謙、5A 關鈺妍、5B 戚貝儀、張穎鑫助理校長

人認為這做法只有商業考量，黃先生不敢苟同。他認為當人們購買了運動產品，便會嘗試物盡其用，以免浪費金錢，這樣便能鼓勵人們鍛鍊身體；在社會層面上，當人們變得更健康，政府的醫療開支可以減低。由此可見，經營單車行不但能令單車運動更普及，亦能使大眾更健康，可謂一舉兩得。

最後，黃先生認為人生就如踏單車，只有積極以對和保持平衡，才能達致目標。他坦言我們在日後必定會遇上很多挑戰，最後是否能渡過難關，是取決於自己的心態。若果我們以負面的情緒看待它們，便會將失敗歸咎於事情本身；相反，若我們積極以對，便會意識到人生路上遇上困難是十分正常的，便能樂觀地迎接它們。此外，黃先生認為保持工作和生活的平衡也是步向成功的要素。對於學生而言，最重要的是在學習和健康中取得平衡，他希望我們不會側重於其中一項的發展，只有平衡，均衡地雙向發展，才能一步步朝着自己的目標進發。

希望同學都能積極樂觀地面對人生路上的波折。在閒暇時多做運動，在繁重的學業中取得喘息的空間，才能健康地繼續成長。



學校新活動

3A 林詩涵、3C 顧凱澄、3D 曾芷妍、5A 關鈺妍

本校於上學年增辦了新科目及新活動。我們分別訪問了教授「專題研習 (Project Learning)」和主辦「協和市集」的老師，回顧並總結去年的經歷。

專題研習 (Project Learning) — 以人為本

為了讓同學能多了解社區，建立與社區的連繫，本校上學年起在中四級增設一個新科目——專題研習 (Project Learning)。針對香港人口老化的問題，本科以「服務長者」作為開端，讓同學能在製成品和服務過程中發揮以人為本的精神，與社區內的長者拉近距離。經過一年的嘗試，讓我們一起回顧去年的經驗和成果。

科目設立初期，難免遇上很多困難和挑戰。鄒樂兒老師提到老師們在開始籌備這科目時都十分迷惘，幸好，合作機構為他們提供了許多建議及社區資源，令計劃得以順利進行。然而，在學期的中段，疫情突然變得嚴峻，同學須在家中上網課，加深了老師教授這科目的難度。許嘉蕙老師和鄒樂兒老師都認為網課令同學對課堂的投入度和興趣減低，更加不願意去製作產品原型，以致在復課後進度落後，甚至在成果展示日前也未能做出完整的產品。



同學落力為長者介紹產品

展望未來，兩位老師都希望能透過這科目幫助社會上更多有需要的人，亦希望在未來當有機會讓同學體驗新事物時，同學能多作出嘗試和投入課堂。許老師認為這科目提供了難得的機會讓同學多與長者接觸，即使同學在一開始得悉要製作產品後感到十分擔心，無從入手，也不應在未作出任何嘗試前便將這科目拒諸門外，令自己損失了很多學習機會；鄒老師則認為同學應盡量投入課堂，無論最後成品如何，最重要的是享受當中的學習過程。

除了長者外，我們也應在日常生活中多關心他人，希望同學們都能如兩位老師期盼般，將在 Project Learning 中學到的「以人為本」精神發揮到其他領域上，為構建一個友好和諧的社會出一分力。



成果展示日當天，許嘉蕙老師為同學講解流程。

談及過程中最難忘的事情，兩位老師都認為同學們在成果展示日中的表現令她們感到驚喜和欣慰。起初，她們都擔心同學會敷衍了事，可是當活動正式開始時，同學已經非常投入；及後長者來參觀時，同學非常踴躍向他們介紹自己組的產品。最令兩位老師感動的，是同學們在見到長者要彎下身看產品時，他們都會主動拿椅子給他們坐。許老師認為這正反映到同學們能看到長者的需要，給予即時的幫助，達到當初設立這科目的目的。

至於同學們製作的產品，鄒老師認為其中一組製作的長者食品售賣機最令她印象深刻，雖然那一組同學需要大量的事前準備，但他們仍願意嘗試為長者解決飲食上的困難，可見他們對長者的關懷和用心。許老師則記得其中一組教長者跳健體操的同學，特地將影片放慢至 0.5 倍速，可見他們都能了解並照顧到長者的需要。由此可見，同學們都能發揮以人為本的精神，樂於為長者服務。



同學用心製作「長者食品售賣機」，老師大為讚賞。

協和市集——創業初探

本校於上學年（2021-2022）舉辦「協和市集」，以培養同學的溝通與決策能力，初步嘗試如何創業。作為活動負責人，戴子迪老師和巫凱婷老師坦言在籌備工作中遇上不少困難。



協和市集舉行當日，同學們都用心準備。

由於疫情反復，令協和市集不斷延期，同學亦在一次次的改期下對市集的興趣和熱情有所減退。加上試後活動時間過於緊湊，老師只能透過影片為同學講解詳情；老師亦較難掌握同學的投入程度，對活動能否成功有所憂慮。

雖然活動的籌備過程中出現不少難題，但市集舉行當天十分成功。市集的攤位多樣化，有賣食物、文具、玩遊戲、租借服裝等，更有表演讓同學觀賞，豐富的活動令大家都沉浸在熱鬧的氛圍裏。在眾多攤位中，相信同學對去年奪得「最高盈利」及「最受歡迎」兩個獎項的四戊班攤位印象深刻。同學不但能在一分鐘任彈彩虹，爭取獲獎機會，也能購買手繪卡和紋身貼紙。談及他們的成功之道，班主任戴子迪老師和四戊班同學都認為新穎的攤

位內容、多元化的獎品選擇和遊戲勝出率的提高是他們能吸引大量同學的關鍵。他們認為紋身貼紙是較新穎的產品，能吸引同學購買，而一分鐘無限彈蓋能令同學獲獎機會大大提升，加上同學就算未能獲得大獎菲林相機，也會有其他獎品，例如玩偶、零食等，令他們最後能成功吸引大量同學光顧。

回顧去年的經歷，戴老師和巫老師都認為協和市集對同學有不少裨益。在籌備攤位過程中，同學能多與他人溝通和合作，令班中建立團隊精神；同學又能在預備期間訓練到採購貨品的能力，又能摸索到如何達致收支平衡。

總結去年的經驗，兩位老師都認為當中尚有可改善之處。戴老師認為下一屆的協和市集可以增加更多宣傳環節，提高營收；巫老師則提到會給予同學更多幫助，並希望未來能形成風氣，令同學在每一年的市集都能落力參與。

希望同學們在投入課堂之餘也要積極參加各種學校活動，令中學生涯更多姿多彩。



禮堂前廳的攤位



最受歡迎的四戊班（2021-2022）攤位



學習之道

4B 陳馨柔、4B 周鈺晨、4C 袁楷嵐、4D 陳博淳、4D 黃天韻

學習是同學作為學生最重要的任務之一，如何讓學習變得更輕鬆？學習是一個人的事情嗎？娛樂和學習不平衡時怎麼辦？我們訪問了蘇偉麟老師、邱漪洋老師及黃家俊老師，以及幾位高中同學，為大家提供意見。

溫習技巧

面對文憑試，同學會否因為不知如何應付而感到驚惶不安？我們訪問了幾位經歷過文憑試的老師，邀請他們分享考試技巧，希望能給同學一些建議。

溫習是應付公開試最重要的一環。蘇偉麟老師建議同學溫習時以自己的文字做筆記。同學的思考模式可能與老師或書本所述有異，自行寫筆記有助消化學習內容。現在利用平板或手提電腦做筆記十分方便，例如我們可把考試的內容、試卷長度、答題技巧記錄下來，能有助熟悉各種題型。蘇老師鼓勵同學一天中安排一至兩小時休息，做一些喜歡的事情，以舒緩學習壓力；放鬆過後，溫習時就要盡力溫習。邱漪洋老師及黃家俊老師認為上課時要專心聽老師講課之外，平日亦要多做試卷練習，參考師兄師姐或他人的答題技巧，及了解得分、失分的原因。口試尤其需要充分練習，他們鼓勵同學多與朋友做口語練習，訓練說話流暢度和自信心。

除了溫習外，調整好自己的狀態亦是取勝秘訣。黃家俊老師認為試前一段時間要戒凍飲，因為凍飲會刺激腸胃，在考試時可能會影響發揮，所以他推薦喝熱飲，例如熱朱古力奶。考試前同學要有充足睡眠，確保頭腦清醒。檢查是否帶齊准考證、文具、計算機等，用公文袋裝好。在考試當天，同學應提早到考場，有充裕時間調整心態。考試期間，有錯漏盡量避免使用塗改帶或塗改液，直接用筆劃走，以免影響文字清晰度。最後，完卷後不論表現如何，都不應被影響，要迅速調整心態，才能集中精神應付第二天的考試。

看完諸位老師的分享，同學對於應付文憑試是否更有信心？不止應付文憑試，這些建議對應付校內考試的同學亦同樣適用，同學只要能找到適合自己的應試方法，沉著應戰，定能從容面對挑戰。

友情對學習的重要性

可能不少家長認為朋友對學習沒甚麼幫助，甚至會令孩子們只顧與朋友閒談玩樂而疏於學習，事實真是如此？同學和老師對此有不同見解。

在學習方面，邱漪洋老師認為朋友在個人學習上有不可或缺的角色。同學之間能互相幫助，向人請教的一方能更好理解整個概念，教導人的一方亦能確認自己是否掌握該方面的知識，達到教學相長的效果。由此可見，老師認為朋友不但不會影響學業，更可以令彼此進步。

在心理方面，老師們都認為無論是準備文憑試、校內考試，甚至小測，適當地與朋友聊聊天，放鬆一下，離開學習的環境，能夠有效保持心靈健康，舒緩壓力。受訪同學則表示朋友亦是

文憑試的戰友，即使未必一起溫習，朋友的陪伴和鼓勵是他們能堅持下去的動力之一。有朋友的鼓勵，溫習的壓力也能夠得到釋放。

其實，不論對方是熱愛玩樂或是熱衷學習，不論視對方為朋友或是學習夥伴，都應關注彼此的心靈狀態。當朋友在學習和休息失衡的話，應該多加勸告，如此既能促進感情亦能提升學習成績。

平衡學習與娛樂

如何平衡娛樂和學習，一直都是學生常常面對的問題。繁重的學業導致同學失去不少娛樂時間。那麼同學如何在繁忙的學習生活中，找到喘息的空間呢？

首先，同學可制定任務清單。同學可以寫下當日要完成的任務，要求自己逐項完成；在完成若干數量的任務後，安排休息時間，例如休息十五分鐘。若該任務需要花更多時間處理，可以分開幾次完成，加插休息時間。適當地休息，能使自己不脫離學習狀況之餘，也能使身心得到適當的放鬆，提高學習效率。

制定時間表，安排好每項事情以及娛樂時間，能使同學清楚了解當日行程，亦能提高工作效率。例如限定自己要在一小時內完成一份功課，這樣便會減少分心及浪費時間的機會，接下來的工作亦不會延遲，甚至無法完成。加入娛樂時間也能提升同學的動力，讓自己知道只要完成一項功課或溫習就可有娛樂作為獎勵，就能提高工作效率，以及提升自律性。

除此之外，同學也應學會衡量事情的輕重，以及處理的先後次序。娛樂固然重要，但同學應懂得自律，分配好時間，方可成為時間的主宰。

希望各位同學閱讀本篇章後，可以明白到努力學習以及安排好學習時間的重要，努力學習的時候也要記得聽從上述建議，時刻關注自己的心理狀況。最後，祝願各位同學考試順利，身心健康！



Cyberbullying — A Rising Danger

Kwan Chun Him 3B, Chan Pak Hei 3D, Fung Pui Ka 5C

People can hurt or be hurt by others through various means. The rising trend of cyberbullying is expected as people now spend more time online and children are exposed to the Internet at an increasingly younger age. To either prevent hurt from being inflicted or to alleviate its detriment, it is often crucial to understand these means so that corresponding measures can be taken or implemented.

A form of hurting — cyberbullying — is an aggressive and intentional action or behavior by a group or an individual that is done or expressed repeatedly over time, as indicated by the word itself, through electronic forms of contact. A frequently overlooked point that may cause misclassification is that victims in such cases must be those who cannot easily defend themselves, and thus excludes cases in which the involved parties are of similar status or power. Apart from these pervasive characteristics of cyberbullying, cyberbullies may also retain their anonymity within cases of which whereas the victim's predicament may be permanent and public, significantly exacerbating the harm and arousing the viciousness of the cyberbullies. Simultaneously, to avoid misinterpreting actions as cyberbullying, which could have considerable backlash, it is essential to keep in mind that the aim of cyberbullying, like traditional bullying, is to harass, intimidate, or induce humiliation or embarrassment.

Keeping in mind the definition of cyberbullying is essential but knowing the effects is of paramount importance as what may help with identifying cases of cyberbullying, whose effects are often worse than traditional bullying. To begin with, inexplicable guilt, particularly for young people with mental disorders, may be entrenched within such victims by the cyberbully, resulting in lowered self-esteem and a feeling of being negatively judged, which may consequently induce embarrassment and shame within them. Having such feelings, they may also become drastically more insecure, as if each move they make is mordantly criticized. Unable to put aside these pessimistic judgements, they may feel increasingly overwhelmed, frustrated, and angered, isolating themselves from those they love and trust in hopes of appeasing the cyberbully, to concentrate on nullifying these judgements, or to avoid burdening those they love and trust, ultimately intensifying suicidal thoughts. Yet, potentially unbeknownst to them, this state of isolation merely perpetuates these negative feelings, and thus simultaneously leaves them with an aching heart of loneliness and depression.

Moreover, all while going through a tumultuous emotional roller coaster, they must also deal with a fear of the cyberbully as the motives and the extent to which the cyberbully is willing to hurt the victim may be a mystery. When these emotions become more and more extreme, the victim may begin exhibiting physical symptoms such as exhaustion, sleep deprivation, headaches, stomach aches, and nausea. As a result of these emotional, mental, and physical effects of cyberbullying, apart from skipping school, substance abuse, and violent behavior, the victim may also experience significant changes in eating and sleeping patterns, loss of interest in normal activities, and intrapersonal communication, all of which may aggravate suicidal thoughts and ultimately lead to suicide.

Acts of cyberbullying can come in various shapes and forms. For instance, cyberbullies may spread slanderous lies or post embarrassing photographs or videos of victims without their consent. Some cyberbullies may even use these as a leverage, blackmailing victims with the promise of not revealing the photographs or videos. To hurt the reputation of victims, they may impersonate victims and send mean messages to others on their behalf or through fake accounts, leading recipients to have an erroneous impression of the victim. To hurt victims in a more direct manner, cyberbullies may also send hurtful, abusive,

or threatening messages, images, or videos to victims via messaging platforms.

According to the survey from the SCMP conducted in 2018 of 604 students online, a fair number of secondary students have experienced cyberbullying, that is to say, about a quarter of students. Three-fourths of cases have involved arguments, harassment, and the spreading of rumors. Unexpectedly, most of the victims, more specifically 40% of them, chose to deal with the problem alone, leaving the options of seeking help from peers and parents with only less than one-third and one-tenth of students respectively.

Consequences of cyberbullying might be heavier than you think. Thus, most of the schools take bullying seriously, no matter which type, and will take actions against bullies. Furthermore, although laws against bullying, particularly on cyberbullying, are relatively new and still do not exist everywhere, many countries constantly rely on other relevant laws, such as ones against harassment, to punish cyberbullies. However, it is important to remember that punishment is not always the most effective way to change the behavior of bullies. It is often better to focus on repairing the harm and mending the relationship.

There are countless ways to protect yourself from and avoid cyberbullying. First, investigate what measures you can take to keep content private on the websites you use. On social networking sites, you can adjust your settings so that only the people you select are able to see your personal information and posts. It's important to check these privacy settings frequently, because sites sometimes change their policies. Most importantly, think before you post. Never forget that the Internet is public. What you share can never be erased. If you wouldn't say something in a room full of strangers, don't say it on the Internet. Even letting someone know sensitive or embarrassing information about you via email can have unforeseen consequences. Last but not least, keep personal information personal. Don't reveal identifying details about yourself online, for instance, address, phone number, school, credit card number, etc. Passwords exist for a reason; sharing them with friends is like passing out copies of your house key to friends and strangers alike. Aside from yourself, you should only allow your parents to know your passwords.

Apart from the ways to avoid cyberbullying, it is also vital to learn the ways to cope with bullying, not just only cyberbullying, due to their far-reaching applications. The first step to deal with it is to speak to a trusted person — someone you feel safe talking to. Still, talking to parents isn't easy for everyone, yet there are things which can help with the situation with a conversation. Two heads are always better than one. If you are uncertain about what to do, consider reaching out to other trusted people, like friends, teachers or social workers. There are often more people who care about you and are willing to help than you might think. It is crucial to talk to someone who might be able to help.

Just as importantly, cyberbullying can be in distinctive forms as far as its brunt of the consequences cannot be left out. There are numerous ways to avoid cyberbullying, but ultimately, a conversation is still the most effective method. Anyone can become a victim of cyberbullying. If you see this happening to someone you know, please do not hesitate and try to offer some support.



Thinking About Technology: Now and In The Future

Leung Cheuk Kiu 3A, Yin Hiu Ying 4B

Imagine yourself using technology right now. How would you make good use of it? Well, we're not going to tell you simply nor directly, as it won't benefit you. In this article, we are going to use examples to introduce technology, and you will understand how to make good use of it!

Most of us will agree that entertainment is very important in our lives. When we use our phones, we usually go straight to YouTube, Twitch, or any of the other online platforms. We can find videos of different ideas which inspire or entertain us. Now, let's get to know more about these online platforms!

First of all, let's introduce online content creators such as YouTubers and Virtual YouTubers (i.e. VTubers). VTubers, who are here to stay on the Internet since 2018, have taken the world by storm. But what is the technology behind virtual anime and the difference between YouTubers and VTubers? For YouTubers, they record videos about their daily routines, special vacations (vlogs), talents (singing etc.), and different kinds of educational videos. After recording those videos, they will post them to YouTube to share their thoughts and experiences. Similarly, VTubers also post videos online to platforms such as YouTube and Twitch. However, the difference between YouTubers and VTubers is that, instead of showing their own faces in the video, VTubers present themselves as a personalized avatar (an animated face) that illustrators designed with them.

As for now, you might be thinking, are VTubers actually programmed pictures? The answer is yes but also no. VTubers are shown like they are animated, but they still have to record themselves in the video. The way they do so is: first, they need to create a unique VTuber avatar, and this is a lot harder to do than it sounds. A full-body avatar needs to act and move naturally. That's why one needs 3D animation software such as Unreal, Unity 3 or iClone, to pull it all together. With that being set, the full-body Xsens motion system is needed. This system captures your facial expressions and body movement while you are recording. The captured data can then be streamed into Unity to give the best live quality data one can have, creating an image of the avatar moving as if they were the ones who were speaking. Still, of course, more technology is available to get your VTuber avatar live on screen since the VTuber market is still developing rapidly.

If you are still interested, just stay where you are and keep reading, you will definitely be satisfied!

Excess technology is dangerous, so is the case with Artificial Intelligence (AI). Nowadays, AI has been showing up more and more in different areas. Therefore, it is important to know more about the pros and cons of it.

On the bright side, AI helps to diminish human errors. Humans always make mistakes, but AI analyzes all the data and keeps learning how to improve its approach all the time. Just press a button, and all the results will be shown via AI. In other words, it gets smarter by itself, so most things in the future can be predictable. Moreover, AI never gets tired. It never rests nor requires sleep while we, as human beings, need sufficient rests and food for the next day. This continual availability twenty-four hours a day to work on certain tasks makes the whole process faster and more effective.

On the other hand, as the old saying goes, "every coin has two sides". As such, AI can be detrimental.

Using AI increases the potential of human laziness. The use of automation has become more common, like using Google Maps to tell us where we should go, but consequently, we no longer pay attention to the surroundings. It leads to us over relying on AI and less on our brains to memorize, strategize, or solve issues on our own. In addition, cybercriminals are getting more serious. As AI has become more common, some may use it to make deep fakes and spread fake photographs or videos on the Internet or social media. For example,

making deep fake sexual videos from an existing video replaced with famous artists' likeness, can spread around the world quickly. It will lead to serious problems on the Internet. For instance, public identity will be manipulated and the credibility of almost everything we see online will be undermined. On the contrary, AI is here to stay.

If you have read this far, you may be eager to know how to use technology properly, though it is ultimately your choice. AI may soon be a part of every sector, so we should identify what we can do to prepare for the future!

From the perspective of education, technology can also bring benefits to students in learning if they use them wisely. We interviewed the school robotics team's teacher-in-charge, Mr. Ng, to share the details of the team. Read on and you'll find out what the members actually do!

As robots are complex, there were some difficulties when the team was building it. The robotics team built one specific type of robot — EV3 from the LEGO Company. Mr. Ng said that the hardest part in the process was the need of a lot of time to follow the instructions step-by-step and to identify those tiny components. To save time, the students would classify the components according to their type first or open the app of LEGO EV3 to display the instructions clearly.

For the EV3 robotics kit, there is both a basic version and an extended version. To build the two different types, students must learn to be patient and keep sober minded. When there is not enough time in the competitions, they need to decide whether they need to stop or not. Besides, they can build up their creativity. For example, if they decide to build an elephant robot model, they need to think how it can become unique. As extra components can be added when building the robots, students can add weapons or a pocket on them according to their model so as to make the robots more special.

Due to Covid-19 restrictions, there were very few competitions for the robotics team to join in 2022. This year, the robotics team is going to join two competitions of the Asia International STEM Competition of HKEDA: the EV3 model car competition and the drone program competition. Our schoolmates will be controlling their robots to play football and finish tasks and it must be interesting. Moreover, they are also joining the Hong Kong Robotics Olympic Competition's EV3 Space Race. As they seldom participate in these competitions, Mr. Ng hopes that they can learn to stay calm, gain some experience, and boost their skills through those competitions while striving for championship for our school. Best wishes that they will try their best and succeed in the competitions!

However, every successful man must have gone through difficulties. Our robotics team is no exception. According to Mr. Ng, the pandemic had already started when he led the team. That's why the team could only meet online. The teammates had to take good care of the robot components since they had to bring them home. These caused the difficulties. While using Google Meet as the main communication platform, it was really hard for them to follow the instructions from the teachers, which might result in missing a step and that they didn't know how to do. Therefore, it is really fortunate that, recently, the robotics team meetings returned to face-to-face meetings. Hence, the teachers and teammates can build up their friendship more easily and constantly.

In a nutshell, technology is already having a huge impact in our daily lives, from school to work to personal use. Some of us may use it as a blessing to our own development while the others may use it against each other and harm the other's feelings. With that in mind, it is known that the word 'technology' is generally neutral. Its impact in our lives is only based on the way it is used. If one makes use of it wisely, one can help others with it, whether it be for entertainment, work, or education.



戰爭

1C 施金宏

殘忍的血紅色
槍火的咆哮
刺鼻的火藥味
一九四四年的寒冬
陰天的城野
絕望的人們朝天大叫
願世界永遠和平！

絕望

1E 王芷琪

絕望是一片白皚皚的雪地
染上血紅色
是殘酷的戰場
散發噁心的血腥味
是空虛的深夜
下着雨
傳來悲傷的哭聲
絕望像深淵 見不到光明

思念

1E 余靖雯

思念是二零一八年
是寂寞的清明節
無盡的黑夜中
豆大的雨水由天上掉落
黑暗的房間中
傳來一吸一頓的抽泣
嘴角邊嘗出鹹味
我想念奶奶了

是你 使我堅持下去

2B 黃雅楹

今天的比賽，我本來很害怕，打算放棄，但想起那件事，我便鼓起勇氣，堅持下去。

我參加了區際舞蹈比賽。前往比賽時，我十分緊張，在車上我手心不時冒汗，生怕自己記錯舞步，只好不停地深呼吸，提醒自己一定要冷靜。雖然我的表情十分平靜，但內心早已亂得打結。

到達比賽場地後，我坐在椅子上看着別人練習，看到有的隊伍在整齊地舞蹈着，像一對士兵步操。我看着他們跳得如此認真，心裏一亂，躲進了衛生間，想着只要等到比賽結束我才出去。我緊閉雙眼，卻聽到腳步聲，工作人員推門進來，對我說下一組就是我了，我只好顫抖着走到等候區。看着其他選手正大方自信地展露身手，我的胃痛又加劇了，我艱難地摸着胃，呼吸變得急速起來，感覺自己快要被害怕這個情緒大魔王給壓死了。正打算退賽，卻忽然想起小時候的那件事。

「外婆！我一定會勝出的！」當時我才六歲，把唱歌當成自己的興趣，在家人的鼓勵下，我參加了一個大型兒童歌唱比賽，但報名不到一星期我就後悔了。我把此想法告訴母親，她卻說無法撤回了。

比賽當天，我緊張得不敢說話，更別說唱歌了。看見其他小孩子都信心滿滿，我卻像一隻烏龜一樣，怕的把自己的頭塞進殼裏。我害怕到跑進休息室裏躲起來，後悔因為自己一時得意忘形而報名。正當我哭到眼睛紅腫時，我聽到一把熟悉的聲音，是外婆！我撲到她的懷裏，放聲大哭。外婆溫柔地安慰我，摸着我的頭，輕聲道：「沒事的，不要給自己那麼大壓力，如果你真的不想參加，我們就賠違約金；如果你想堅持，我一定會坐在觀眾席好好聽。」這句話讓我記到了現在。

最後，我被這番簡短卻充滿愛的話鼓舞了，我鼓起勇氣往舞台上走，觀眾的掌聲熱烈地響起，令我信心百增；在我唱歌時，眼睛一直注視着默默支持我的外婆。

在想起這段回憶後，我慢慢睜開眼睛，堅定地往台上踏去。雖然外婆早已離開了我，但我相信她的靈魂正在注視着我跳舞，為我打氣，所以我也把緊張及害怕忘得一乾二淨。

CCCCCCCCCCCCCCCC

堅持

2A 杜珀圖

教練看着我捧著金牌，露出了欣慰的笑容，拍下了我站在頒獎台上自豪地笑著的美好時刻。

今天是 400 米賽跑準決賽。在比賽開始前，我以為能像之前的比賽一樣，輕鬆進入頭三名。可是正應了那句話：「想像很美好，現實很殘酷」，能在眾多選手當中脫穎而出，進入準決賽的眾人，怎麼可能不是精英中的精英呢！當我看到和我爭奪獎牌的選手全是身高一米八，更可怕的是當中有上一屆的冠軍，他們居高臨下看著像個小不點的我，帶給我沉重的壓迫感。我頓時手心冒汗，雙腿發軟，直想打退堂鼓。我不禁升起一股無力感，在起跑線上我已經輸了一半，怎麼能比？

不出所料，槍聲響起時，他們全都起步比我快很多。我暫時依靠外圍的優勢，領先他們一小段距離；但我被觀眾的吶喊聲吵得心煩意亂，雪上加霜的是，我一開始意氣用事，為了搶得優勢，一下子爆發力量往前衝，沒有合理分配體力，把全身的力量用得七七八八，呼吸也上氣不接下氣。一下子優勢變成劣勢。這時與終點的距離還有大約 200 米，但我雙腿已經像灌了鉛，身體在抗議着，我感覺到肌肉不堪重負而發出酸痛，我的意識漸漸模糊，只剩下本能驅使我繼續前進。恐懼令我不敢停步，恐懼又令我不敢向前邁步，我害怕失敗，我不能繼續比賽了，我不得不放棄了！

「放棄吧！」「別做無謂的掙扎了！」一道道讓我放棄的聲音不斷鑽入我的耳朵，那聲音，是那麼甜美，像美人魚的歌聲一般誘惑我墮入深淵，不斷動搖我的意志，我不禁萌生中途放棄比賽的念頭。

「不行了，我放棄！」「又放棄？你第八次中途放棄了！好吧！看在你的確盡力完成訓練的份上，就讓你休息一下吧！」運動場上教練對躺在地上的我說。「我知道你跑得很辛苦，中途休息是可以接受的，但明天初賽你必須咬牙堅持下去，不能中途放棄，記住了！我們相信你一定可以做到的！」父母也在一旁關切地對著我說道。「嗯！我一定不會中途放棄，我一定會用教練教導我的技巧，奪得 400 米冠軍，你們放心吧！」教練看著我，無奈地嘆了口氣說：「如果你一直把我說的話放在心上，就給我拿一塊金牌回來，作為我的生日禮物；並告訴我，我為你付出的時間和心血並不是徒勞無功的！」

但現在，我能實踐約定嗎？我真的能做到嗎？

不會的！結局不應如此！結局是由我決定的！我必定要扭轉這失敗的結局，我要遵守和教練的約定，無論如何也不要讓父母失望，他們正在觀眾席看着我呢！不管身體多麼疲乏，精神多麼疲倦，即使觀眾的吶喊聲吵得我多麼心煩意亂，那怕現在呼吸多麼困難，我也一定要達成目標，奪得金牌，讓父母為他們的兒子而自豪。最重要的，我要把獎牌送給教練作為生日禮物，感謝他為我付出的心血和時間！

我竭盡全力向終點衝去！我與終點的距離只有短短的 100 米，但其他選手已經比我領先一段距離！雖然我可以進入前三名的機會微乎其微，但比賽還未結束！我還有機會！

我拼盡全力，無視全身的酸痛，強忍胸中的窒息感，以我目前所能夠做到的最快速度艱難地往終點跑去！在這瞬間，我聽到自己雜亂的呼吸聲，感受到跑鞋踏在地上時，腳部因超負荷而造成的錐心一般的痛，但我毫不理會這些。我在這一刻的目標只有終點！此刻，那些誘惑我、動搖我的聲音突然煙消雲散了！取而代之的，是一股無與倫比的力量充滿全身。我好像看到掛在終點的紅線在向著我揮手…40 米…20 米…3 米…1 米…衝線了！我成功奪得第一，我成為了 400 米比賽冠軍，實踐了對教練的承諾！

在勝利的喜悅後，全身劇烈酸痛使我不禁捲縮身體，雙腿好像是不屬於我一般，我流下了眼淚，但不是因為劇痛，而是因為喜極而泣。我這時切身體會到「此生無憾」那種滿足感。

站在頒獎台上，我捧著那沉甸甸的金牌，感覺一切是那麼地不真實，直至教練的提醒我才回過神來，「一二三，笑！」教練微笑地拍下我站在頒獎台的美好一刻，這一刻，我真想停留到永遠。

望着手中的金牌，這一刻我明白到你可以在比賽中害怕對手，害怕觀眾，懷疑自己，甚至放棄，但如果你有不可以辜負的人或堅持的理由，你一定要咬緊牙關，為了不讓他們失望，堅持下去。你可能有信念動搖的一刻，但別因信念動搖而失去奮鬥的熱情，浪費了你為奮鬥而準備的心血和時間。

慈雲山風景

2B 顏麗盈

在步伐急促的生活中，我很少會停下來欣賞身邊的風景，但當我駐足欣賞自己的社區——慈雲山時，就發現慈雲山有很多迷人的地方。

毓華街充滿人聲和車聲是司空見慣的景象。街道上，不斷有人來回穿梭，狹小的街道中，你推我撞，一不小心就會像骨牌一樣，前方的人會向前傾，大家都試圖擠出空位來繼續前進。街道旁有不少商店整齊地排列，賣菜、肉類、日常用品，種類繁多。街道上人聲鼎沸，老闆都在落力推銷產品，不斷傳來「大特價，大特價，十元任選！」的叫聲，吸引不少婦女前往搶購。街道既繁華又熱鬧，即使到晚上，燈柱還是照亮着大街，商店的燈都在亮着，人們仍是不斷穿梭，沒有一點冷清的感覺，沒有沉睡的一天。

走到毓華街對面的慈雲山中心，乘扶手電梯前往慈雲山遊樂場，映入眼簾的是色彩繽紛的遊樂設施，有紅的、橙的、黃的，都是鮮艷的顏色，從遠處看遊樂場，這幾種顏色配搭起來就像是一幅漂亮的畫作。小孩在遊樂場追逐，到處都是嘻嘻哈哈的笑聲，空氣中瀰漫着歡樂的氣氛，這裏是小孩的天地。無論是戶外彈床還是大型波浪繩網陣，小孩都在展示他們這個年紀該有的活潑和天真，旁邊的家長則按下相機按鈕，「咔嚓」的一聲，把這一刻成為永遠。

繼續向前走，便到達同層的中央球場。這裏有不少老人在涼亭下棋，享受休閒的時光。中央球場綠樹成蔭，有松樹、樟樹、木棉，襯托着正在爭艷的花朵，彷彿置身於寧靜的郊外；旁邊黃白線相互交錯的球場，卻傳來正在打球的少年人的叫聲，推翻了「寧靜」的說法。從高處俯瞰，中央球場成了色彩繽紛的藝術品，人們是畫中的主角，旁邊的大樹則是襯托，這大自然的畫作少了哪一樣，也是不完美的。

在慈雲山居住了十多年，從未認真駐足欣賞，但當我認真欣賞時，才發現慈雲山永遠有着熟悉的味道，這就是它最迷人的地方。

簡單的幸福

4C 利采螢

我喜歡到外公外婆家吃飯。

我家住在離外公、外婆家不遠，因此我常常和媽媽在週末上門探訪，吃個晚飯。

我最愛外公煮的菜脯炒蛋，新鮮濃郁的炒蛋夾雜着爽脆的菜脯乾，在口中上演精彩的舞蹈，熱氣騰騰的白飯一口接一口往嘴裏送，我幸福地揚起嘴角。

所以，每次上門作客，菜脯炒蛋都是必不可少。外公同時煮了很多菜，有時是鮮艷的灼蝦，有時是滑嫩的「大眼雞」。

有次，喝着外公熬的苦瓜湯，聽着外公說：「原本想買蘿蔔，煮蘿蔔湯，誰料走遍兩處街市，都找不到，只好走遠點，在觀塘街市買新鮮的苦瓜，煮苦瓜湯。那裏……」聽到這碗苦瓜湯的來歷，不知怎的，竟在湯中喝出一絲甜味。

吃過飯後，坐在沙發上歇息，外公外婆坐在身旁。其實與外公外婆的話題不多，空氣中瀰漫着一絲尷尬，隨意與他們有一搭沒一搭地聊，由生活近況回憶到外公外婆相識的故事。我聽得津津有味，有時因他們的趣事而笑，有時因他們的遺憾而低落，聽着外公外婆昔日來港的徬徨，到如今安享晚年、兒孫滿堂，心中難免觸動，也深深感謝他們的付出。

外婆身體不好，常要休息，為免打擾，只好依依不捨與外公外婆道別。「天冷了，多穿件外套！」外婆重複又重複地說。「下次蒸龍躉可好？你們一定愛吃！」外公自信十足地說。

帶着外公外婆的愛，我渾身暖透，與媽媽站在寒風刺骨的巴士站候車也不覺冷。就這樣靜靜地等，就如我靜靜地等待下一次的菜。



白紙

3D 王浩然

白紙在生活中隨處可見。學校裏的功課、考試卷、公司裏的文件、計畫書，甚至是國家之間的協約，都是白紙的製成品。白紙可以說是人與人交流的必須品，沒有它，我們可能還要在竹簡上艱難地用毛筆寫字呢！

由出生以來，跟白紙有過許多接觸，我已經將它們當成我最好的幫手。經過長年累月的日夜相對，我驚訝地發現，白紙就是我們人類的縮影。

白紙剛從工場出來，就是一片雪白，它不能代表任何意義，不能傳達任何訊息，不能傳授任何知識。它會被送到學校，成為人見人憎的功課、考卷嗎？它會被送到公司，成為改變公司前途的一份計畫書嗎？它會被送到國家元首手中，成為改變歷史的一份協約嗎？不知道。它只是一片空白，唯有後來加上的文字、圖案，才能賦予它生命。仔細想想，人不也是這樣嗎？從母親的肚裏出來，除了哭，甚麼也不會。他不能為社會、為世界作出任何貢獻。他會變成培育下一代的老師，還是變成在斯坦波中心命中絕殺的救世英雄，還是變成為人類研發出殺死冠狀病毒的偉大科學家？完全取決於他被怎樣的人培育、在甚麼樣的環境長大。

白紙十分鋒利。在嚴冬中，我們聽到最多與白紙有關的，想必就是被它割傷時的呻吟聲。用直尺度不出來的厚度，卻有着如刀片一樣的鋒利程度，令我們痛不欲生。看它雪白、純潔的樣子，怎會知他是一個陰險、凶狠的小人？但當我撫着受傷的手指，靜下來想一想，社會上很多人不也是這樣嗎？他們一臉老實、善良，令人以為他們一定是好人，誰知道他們會不會是密謀着如何將你騙進陷阱，等着被他深深傷害的下場？這些人有的是為了從中奪取利益，但有些人沒有別的目的，純粹為了令你受傷，然後他會幸災樂禍，獲得無比的快樂。這種人真是叫人可怕。

我有一種特別的癖好，當我拿到一張白紙，一定要用手輕輕撫摸它，感受它的觸感，彷彿一天的壓力都煙消雲散。事實上，如果我們用顯微鏡觀察白紙，便不難發現它凹凸不平，像岩石。它成功地誤導了我們，它收起了自己不完美的一面，將最好的一面展示給世人。這像極了一些人，要將最好的一面展示給別人看，就會刻意修飾自己，上傳社交媒體的照片改圖改到不像本人。但其實，我們可以嘗試接納自己的不完美，不必事事跟人比較，或因此自暴自棄，討厭自己。每個人都有不完美的地方，不如勇於接納，並學會欣賞自己的美。人生的意義就是如此。

白紙像人一樣，不知道將來會變成甚麼，取決於我們如何選擇。

白紙

3E 徐穎彤

幼時看見父母書桌邊一疊疊的白紙，總會偷偷地從中抽出兩三張，拿着蠟筆在紙上塗滿塗鴉。出自孩童手筆的畫作都是奇怪又夢幻的，小孩子的腦袋裏總充斥着幻想，畫筆就是我創作一個新奇世界的工具，白紙更是不可缺少的重要工具。在我的童年裏，白紙就讓我能發揮無窮無盡想像力的空間。

當然，我的童年不只有自己一人。

白紙常常被我帶到去學校，在課餘時與同學玩各種小遊戲，友誼也就此萌生。從最簡單的「過三關」，到比較複雜的「天下太平」，我們都玩得不亦樂乎。有時我們會在白紙畫上千奇百怪的塗鴉，到最後塗滿了整張紙，就等同和對方做朋友了；有時又會和鄰桌的同學偷偷地傳紙條，明明對話毫無營養，毫無必要，卻也要冒着被老師發現的風險繼續寫。那是童年有趣的一部份，現在想起來還是會覺得很懷念。

逐漸成長，白紙上的塗鴉都變成了用各種筆寫成的筆記，變成密密麻麻的字，筆記中的字跡整潔中卻總帶着點凌亂，不同顏色的螢光筆畫在紙上。偶爾能在角落找到幾個塗鴉，只是那些塗鴉不再充滿奇幻風格了。那些被填滿字跡的紙也不該再被稱為白紙了吧？我從中收穫了甚麼，又失去了甚麼？

沒多久前我整理了自己的房間，竟讓我在書桌下的某個紙箱內找到一大堆畫滿圖畫和寫滿字的白紙，白紙大部份已經泛黃。剛開始我只是抱着整理一下，不要浪費空間的心態去處理它們的。認真細閱，也只是以防萬一，怕遺漏重要的資訊。怎料我在過程中揭開了回憶的箱子，我本以為自己已經忘記了的。

泛黃的白紙記下我的小時候，雖然幼稚，卻是我人生的一部份，嶄新的白紙記載了我認真讀書的模樣，在桌燈下，我揮筆疾書，這也代表我的人生進入另一個階段吧，該是認真讀書，為自己的未來打拼了。願我不會遺忘幼時的記憶，不要遺忘當初的自己，不要遺忘年少時的天真與單純，帶着它們繼續前行，用白紙摺成飛機載着它們飛往更遙遠、遼闊的將來。

我相信，就算筆記寫得再多，我也仍然能夠留一個空間給那些奇怪的塗鴉棲息。

歷史無用？

5A 關鈺妍

歷史是一面鏡子，照出古今的人和事，令我們引以為鑑。以我所見，歷史絕對不是無用的，相反，它就像藥，能裨補我們的錯漏和缺失，推動個人和社會進步。

歷史就像苦藥，入口雖苦，卻對身體有益。我們能以歷史的教訓為鑑，便不會重蹈覆轍。在歷史的長河中，無數前人犯下錯誤，雖然這些已成過去，但是正是這些苦澀的教訓提醒著後人，不要犯同樣的錯誤，才能造就後人的成功。在德國之翼 9525 號航班空難中，有精神問題的副機長在機長上廁所後將其反鎖在駕駛艙外，然後帶著機上 150 人撞向阿爾卑斯山，造成機上所有人罹難的慘劇。可是，正是這慘痛的教訓啟發了法國航空安全局引入「兩人規則」，規定駕駛艙內要有至少兩名機組人員，以及增加對飛行員的醫療檢查。由此可見，透過汲取空難的教訓，人們能發現制度的不足之處和構成的潛在危險，然後對症下藥，成功避免日後同類事件的發生。在國家層面上也是一樣。明朝宦禍嚴重，宦官魏忠賢更與非東林黨人合謀大肆捕殺東林黨人，令朝廷忠良盡去，還禍及邊防將帥，使東北的女真人勢力坐大，間接促使明朝滅亡。因此，清朝的統治者汲取明朝宦官亂政的教訓，制定「祖制」，指明太監不能干預朝政和結交官員，孝莊太皇太后更殺了吳良輔，裁撤了十三衙門。及後，康熙、雍正、乾隆三帝嚴遵祖訓，使朝廷大權集中於皇帝手中，成功地避免宦官干政。由此可見，若沒有明朝覆亡的教訓，清朝的統治者便不能意識到宦禍的影響，制定合適政策來制衡他們的權力。

歷史就像補藥，引領著後人前進。透過前人不斷積聚的經驗，能幫助我們更易看清前方的道路，不斷進發。縱觀蒸汽機的發展歷史，早在 17 世紀，塞維利發明了世界第一個蒸汽動力裝置，及後，紐康門在它的基礎上，發明了第一個蒸汽機，而瓦特則是在通曉了紐氏蒸汽機的製作原理後，發現其運作效率十分低，啟發了他改良蒸汽機，設計了分離式冷凝器，最後成功製作出擁有更高效率的蒸汽機，為日後的工業革命奠下基礎。由此可見，正是因為有了塞維利和紐康門製作蒸汽機的經驗，瓦特才能在前人的基礎上加以改進，完善其不足之處，令原本只能用來抽水的蒸汽機得以廣泛應用於各種工業活動中。很久以前，黑死病橫行於歐洲，人們發現隔離是抑制傳染病的有效方法，於是在往後爆發的傳染病中，例如西班牙大流感、「沙士」，甚至是現今的新冠肺肺炎，都使用隔離政策，防止病毒於社會擴散。由此可見，正是因為歷史上隔離政策成功的經驗，令我們能更好應對後來的傳染病爆發，防止更多人因染病而失去生命。

可是，有人認為歷史無用，他們認為在危難之時，刻在史書中的歷史不能幫助我們跨過難關，唯有用自身的意志才能脫離困境。

現實中真是這樣嗎？於我看來則不然。歷史就像能治癒人心的解藥，在我們失意時為我們提供精神力量，讓我們重新振作。在困境中，我們可能會不斷自怨自艾，認為自己是世上最淒慘的人。可是，翻開古書，就會發現其實有人比自己更痛苦，但他們都選擇堅持，這樣便能為自己提供堅持下去的力量。在香港，莘莘學子不但要熟讀書本知識，還要做盡歷屆試題，才能在文憑試中拿到好成績。不少考生都覺得壓力過大，有想放棄，甚至想一走了之。可是，當考生回望歷史，蘇秦不是比他們更辛苦嗎？為了說服六國，他懸樑刺股來鼓勵自己學習，心靈上辛苦之餘肉體上更要承受痛苦，但他都一一克服，最後成功說服六國採用合縱之計。當考生讀到這段歷史時，便會知道自己的處境比蘇秦好得多，既不用研讀艱深的兵法，亦不用傷害自己來提神，於是，他們便會知道自己沒有權利因辛苦而放棄學習。由此可見，歷史能在人們失意時激勵人心。除此之外，其實我們若在失意時留意歷史，可能史書已在當中為我們留下答案。正如蘇軾二十一歲時高中進士，為朝廷鞠躬盡瘁，可是卻在烏台詩案中受盡屈辱，多次被貶，在他失意之時，是歷史中莊子「不爭」的理念啟發了他，讓他明白到人一生只是「寄蜉蝣於天地，渺蒼海之一粟」，他選擇在天地間「也無風雨也無晴」，逍遙行走。對於蘇軾而言，正是歷史中莊子「不爭」的思想令身陷囹圄的他重獲心靈上的自由和平靜，放下執著。由此可見，歷史能幫助人們在失意時獲得心靈上的釋放，觀看更美好的風景。

總括而言，歷史能讓我們借鑑，引領我們前進，更能為我們帶來精神上的釋放。歷史，何嘗不是一帖良藥？



不應只為他人而活

6D 盧俊穎

你顫顫巍巍的手，用盡最後一絲力氣，給子女留下最後一封信，然後悄悄地放進抽屜。

你躺在床上，心率機滴滴在響，為死氣沉沉的房間帶來一點聲響。在等待麻醉藥注入的時間，你閉上了雙眸，回憶的帷幕被打開，將你拉回往昔。看着記憶中的小女孩是如此地幼小，光亮的房間仍舊是你兒時的模樣，還儲藏着陽光帶來的溫度，母親那淡淡的煙味飄進你的鼻腔。「你是如何對得起我的！我給你交了那麼多學費報興趣班，你竟然辜負我的期望？」那聲音是如此熟悉又陌生，你抬眼望去，目光仍未對上，臉上便是火辣辣的痛，你望着母親憤怒的雙眸，霎時想起這正是鋼琴考試失敗的那一天。你知道，依照母親的脾性，接下來只有一頓叱責。面對潑辣惡毒的咒罵，你勇敢地反抗母親，雖然你知道這不會有多大效果。母親為求你成為十全才女，一意為你報讀興趣班，你稍有反對，便只會得到你要完成父母期望及這是為人子女應有的責任這些話。你只能想着你不感興趣的鋼琴課，優雅的音符從琴鍵中流出，但你卻是淚流滿臉，悅耳的琴聲和刺耳的哭聲組成了你的童年。母親的堅持彷彿一枚尖錐，讓你的心在汨汨冒血。即使如此，你仍堅持着，因為這是母親的期望。

你覺得你是對不起母親的，早產的你給母親帶來不少苦，是已經離婚的母親拼死把你生下來，你覺得你的命是屬於她的，人生也是屬於她的，應該償還她對你的生養之恩。人生不過匆匆數十載，應該為她的期望而活着。

你閉上在流淚的雙眸，再睜開時，眼中的景物又截然不同。人到中年，暖黃色的房間擺放著你的家庭合照，母親牌位的香煙飄進你的鼻腔，那煙的味道是如此熟悉又陌生。你成為了別人的妻子，當初是母親安排的婚姻，你早已習慣麻木，機械式地把你的腦袋上下移動。你成為了人人口中的幸福妻子，但你卻感受不到一絲喜悅，你只是沒有目標地活着。小孩的哭聲以及各式各樣的家務填滿了你的生活，你只是一個無感情的家務機器人。你偶爾想獨自旅遊的願望只會被丈夫打斷，即使你再三強調你的渴望，但他只會以人妻、人母的身份壓着你。這兩座大山把你壓得喘不過氣來，但是你早已習慣這種伴隨了多年的感覺，他人的期望早已成為附骨之疽，籠罩在你的生活裏。你仍堅持着，因為你早已接受。

你沒有反抗，因為，你早已麻木。

你覺得你是對不起丈夫的，他如此愛你，為你帶來令人艷羨的物質生活，更沒有如母親般的責備與指罵，你應該為了丈夫盡力做好你的職責。人生不過匆匆數十載，只是湊合着活吧了。

你木無表情，閉上眼睛，睜眼時，已到了暮年。眼前的大屋空無一人，只有丈夫和母親的牌位陪伴着你，你的子女早已成家在外。只是你已經得了癌症，痛苦的療程與來往醫院的路程組成了你的生活。你承受着無比的痛苦，你看着你精心養護多年的頭髮漸漸稀疏，身體也漸漸虛弱，你意識到死神的鐮刀已靠近你的脖頸。是浴室裏的一次昏倒讓你下定了決心，同意書上你落下簽名，你的子女紛紛驚訝於你的安樂死計劃，他們的請求與你的痛楚一起交織着。但你早已下定決心，你知道這最後的一絲尊嚴，正正是你想要的，也正正是你能夠為自己決定的最後一件事。人生匆匆，死亡只是咫尺之遙，你的人生應該只屬於自己，不屬於任何人。「寄浮游於天地，渺滄海之一粟」，人生如此短暫如此輕，又如何再添上他人對自己施加的重量呢！你終於意識到，你已白白浪費數十年。這是你無法挽回的過去，只能在人生的尾段，為自己活一次。

你沒有對不起任何人，你是獨立的個體，你的生命應只為自己而活，只為自己負責。

你躺在床上，心率機的聲音停止了，房間變得沉寂，你永遠地閉上了雙眼，關上了回憶。等待着下一個全新的、為自己而活的人生。



A Memorable Christmas

Yiu Yat Him, 2A

Christmas is an awesome time to be with friends and family and have loads of fun. There are so many activities that can be done during the festival. Let me tell you how my short, yet fun, Christmas holiday went.

My Christmas holiday was extremely memorable. The day before the holiday began was the school Christmas party which ended at around 10:30 a.m. When I got home, my mum told me, "We are going to have a staycation!" I was excited so I packed my bag with excitement and left my home. We arrived at the hotel after eating a luxurious lunch which came with the staycation. For the entire afternoon, we watched incredible movies. I became a bit hungry and realized it was time for dinner. It was then my mum told me that we were having a buffet for dinner. I was ecstatic. I might have gone a little bit overboard with the food portions, but it didn't really matter because I got to do some volleyball training over the next few days.

I was full of energy during the volleyball practice, and I felt really good. The main reason was that I invited old friends over to play at my house. Despite being a few days away, since I haven't seen them for half a year, the thought of us hanging out got me a bit hyper. When it was the last time we gathered at my house, we played until midnight.

The day finally came. I bought so many snacks to prepare for the party. I picked my friends up and led them to my place. When we got there, we took our laptops and gaming gear without hesitation. Thankfully I bought a lot of snacks because we ate them so quickly. One of my friends suggested we should play football. We all loved football, so we played until dinner. For dinner, we had a pizza. We all watched movies and we laughed a lot. We also caught up with each other and my friends left at midnight after exchanging gifts.

The next day, we found out one of my friends got Covid and so I played video games in quarantine for the rest of my holiday. It was perhaps a Christmas gift from God.

An Indelibly Unparalleled Childhood Experience

Kwan Chun Him, 3B

Surrounded by dense and verdant vegetation which ranged from erect and tall trees to dainty blades of grass and a vast array of disparate sounds, we had our medium-sized party, which primarily consisted of my classmates. They doggedly trod through a forest along a winding path, heading to the lake at which we would be canoeing. Galvanized by my piqued curiosity, I was, accompanied by my friend, Jeremy, at the forefront of the haphazardly dispersed party, right next to the amiable and humorous guide while most of the others lagged behind sluggishly. Suddenly, grabbing a bunch of green, coiled strands from a nearby tree and holding it right in front of me, the guide mused, "These are called 'witch's hair'. Did you know you could eat them?" Surprised, I instinctively stumbled backwards and with an inquisitive expression, asked, "Really?" He replied nonchalantly, "Sure! You could try them later!" He continued on the path abruptly, leaving me dumbfounded with a couple strands of witch's hair in my hands.

Swiftly approaching the end of my relatively bland and ephemeral childhood as well as that of primary five, I was participating in a trip to Canada with some of my classmates; on the specific day, I was going to go canoeing for the very first time at a lake, the name of which was concealed behind layers of girthy memories.

Standing upon the sloping shore of the lake and watching my classmates and the teacher, Mr. M, who was a boisterously rambunctious and incredibly muscular man, get on their corresponding little canoes, I hastened over to mine. Listening to the informative yet succinct briefing of the teacher, I couldn't help but feel a rapidly growing fear of the potential dangers obscured by the murky and impenetrable surface of the lake. My limbs enervated, trembled violently, while icy cold sweat poured down my back, and my stomach felt as though it was tied in knots. Feeling a cool, moist breeze prick the exposed skin of my leg and face, I set off hesitantly. Despite the bulky life jacket, I felt utterly helpless and dreadfully vulnerable, susceptible to the whims of nature. Yet, gazing somewhat forlornly at the grey rock face, over which trees extended meters above the water; the distant yet still looming mountains; and the scant yet palpable mist between us, I began to gradually feel a peculiar sense of idyllic tranquility so much so that I couldn't help but chuckle when I was reminded by the overhanging trees of the conversation between the guide and me.

Before I knew it, I had already looped back to the shore. As I got on the shore reluctantly, Jeremy crept up on me and whispered, "How did it go?" "Well enough," I replied with a weak, yet relieved, grin. A moment later, we decided to walk to a nearby wooden bench and have a rest together while the others continued running around.

Ultimately, as I chatted elaborately with my friend, providing him with a detailed account, I realized what I had accomplished. Not only had I got my first experience of canoeing, but I also overcame my fear of taking risks. Although I was extremely tempted, I decided to keep but refrain from eating the sample of "witch's hair". At that moment, I felt sanguine; an effusion of immense relief and a sense of satisfaction overwhelmed me, and I laid my head on my friend's shoulder. Yet, a tint of melancholy began to emerge within me as I knew I would be encumbered by nostalgia in the close and distant future.



Maths and Us

Lee Yiu Sing, 4D

Mathematics is often associated with numbers and equations, but did you know that it plays an important role in many aspects of our daily lives? While we often use Maths for buying things and calculating, there are many other practical applications of Maths that go beyond the cash register.

One of the most important applications of Maths is in the field of Science. From Physics to Biology, Maths is used to help scientists understand the world around us. For example, mathematicians use equations to describe the motion of objects, the behavior of fluids, and the growth of populations. Without Maths, many of the discoveries and advancements students have made in science would not have been possible.

Maths is also essential in Engineering, Architecture, and construction. Architects use geometry to design buildings, engineers use calculus to create and test new products, and construction workers use measurements and geometry to ensure that buildings are safe and stable.

Maths also plays an irreplaceable role in Computer Science and Technology. From programming to cryptography, Maths is used to create algorithms, encrypt data, and ensure the security of information. In fact, many of the most exciting and innovative technology companies today are founded and led by mathematicians and computer scientists.

Lastly, Maths is even used in sports and entertainment! Athletes use Maths to analyze their performance data, such as distance, speed, and trajectory, to improve their techniques and strategies. Also if you've ever been to a concert or watched a movie, you've witnessed the impressive use of Maths in special effects and sound design.



In conclusion, Maths is not just about buying things or solving equations. It is a powerful tool that is essential to many areas of our lives, from science and engineering to computer science and entertainment. So next time you are studying Maths, remember that you are not just learning how to add and subtract, but you are also gaining skills that will help you in many other aspects of your life.

Treasured Moments: Cherish What We Have

Lee Yiu Sing, 4D

Cherish what we have, a precious treasure to keep
For time is fleeting and moves ever so deep.
It dances along like a river in flow,
Dragging memories and moments, letting some go.

We must hold tight to the things that bring us light,
The laughter, the love, the peace in the night.
The people who care, and who we hold dear,
They make life worth living, and bring us no fear.

For life is a journey, a winding road ahead,
Filled with twists and turns, and moments to dread.
But amidst all the struggles, and battles we fight,
There are moments of beauty, that light up the night.

So let us not waste a single moment, with regret,
For we will never get them back, and that we should not forget.
Let's cherish the beauty in the simple things in life,
Like sunsets and stars, and the love of a wife.

Embrace nature and all its wondrous ways,
For they are gifts that brighten up our days.
And cherish what we have, hold it tight,
For these moments, they make life so bright.

So let us cherish every moment that we share,
And hold tight to the memories that we will always care.
For life is short, but love lasts forever,
And in our hearts, it will remain, together.

A Speech

Guan Yuk In Angela 5A

Good morning, Principal, teachers and fellow schoolmates. As the champion of the joint-school 25km run, I am thrilled to share my experience with you. In the past, I was an ailing child. However, through engaging in different sporting activities, such as running, the pendulum has swung the other way. Today, not only am I a healthy athlete, but I also realize the importance of perseverance through running. Therefore, I'd like to tell you how crucial doing sports is to both our health and our attitude towards life.

Have you ever thought that I, as a sturdy teenager now, was once an overweight, debilitated and self-abased child? Thanks to running, I lost weight successfully. Also, I seldom feel sick in these days. As a result, I firmly believe that, though clichéd, there is a close link between doing sports and maintaining physical health. The more frequently one exercises, the more muscular one gets, and the healthier you are. Apart from losing weight, there are a myriad of advantages that doing sports has for your body. For example, according to a study conducted in the USA, exercising every day can ensure that you have a healthier heart than others do. For this reason, the risk of having cardiovascular diseases, such as stroke and diabetes, can be lowered. Let's imagine, being a couch potato, if we refuse to exercise regularly, we may end up taking countless pills in a bid to combat against various diseases in our later years. In contrast, if we try doing different sports, we can live a long and enjoyable life. Is it worth exercising? The answer is conceivable.

When I was preparing this speech, I was, frankly, panicky. I have never shared in front of the whole school, so I was very worried that I'd make a mistake. In these strenuous times, I found a way out in running. Standing behind the balkline, my whole mind was concentrated on breaking my own running record. I soon realized that my worries over the speech was cast to the winds. Being less stressed, I can brainstorm more ideas to be shared in this speech. Therefore, doing exercise is vital, if not essential, to our mental wellbeing. Actually, not only can physical activities stimulate the production of endorphins, which make us relaxed and optimistic, they can also boost our self-confidence! If we are determined to play sports, our skills and stamina will eventually improve. Being more confident, our self-esteem can be enhanced. This, in fact, helps us to be successful in other fields. Take me as an example, if not because of running, I would never be assured and courageous enough to address you all. Therefore, doing sports can definitely help with your mental health.

More importantly, doing sports makes me realize the importance of perseverance. If we give up in doing exercise regularly, we can hardly see any results. As the champion of the running competition, I can tell you that my success does not hinge on my caliber, but on my unswerving determination. Although the competition seems to be held long time ago, my memory of it remains fresh. It was a cloudless day. Waiting to start, I was extremely nervous. My hands were sweating and my feet were shivering. After all, it was my first running competition. Luckily, the competition went pretty well at first. However, once I had finished my first 10km, I started to pant and I was gradually out of breath. Watching the contestants leave the competition one after another, I started to falter. Should I give up? Would it be meaningful even if I continued with the competition? Was it possible for me to win? When I was in the verge of giving up, I recalled a saying from former professional baseball player Tommy Lasorda, 'The difference between the impossible and possible lies in a man's determination'. I realized that I should never surrender when I haven't tried my best. During the last phrase of the competition, all I could think about was that I couldn't let my coach and family down, I couldn't be regretful after the competition, I couldn't relinquish. As a result, despite having sore and swollen feet, I still managed to reach the finishing line. Perseverance was definitely one of the most crucial attitudes that I learnt from the competition.

Looking to the future, there will be a multitude of challenges awaiting for us. Only through maintaining good health, both physically and mentally, can we overcome them. Doing sports is certainly one of the ways to help you strive for excellence, for it can keep you healthy and teach you to persevere when you encounter difficulties. Starting from today, exercise with me regularly! Thank you very much.



投稿園地



Dinosaur
Chan Yi Hua 3A



Logo Design
Wong Ka Man 3C



Hawaiian Art
Yam Wing Tung 4B



What is Beauty
Ng Hoi Yin 6A



Teapot
Cheng Yu Tung 5A

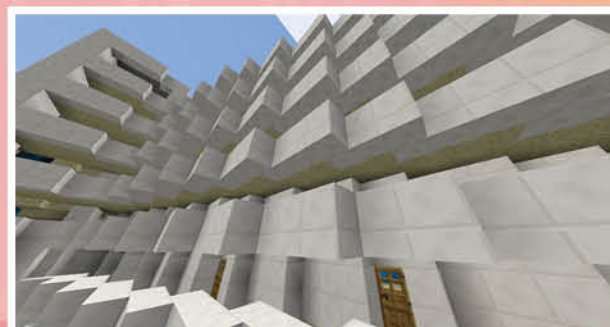


Airline Website Design
Li Hoi Fung 6D

CCCHWC built in Minecraft

Lee Yiu Sing 4D , Liu Ying Kit (Alumni, 2019)

利用科技，我們能了解學校的大概輪廓和比例，在 Minecraft 中用 1:1 的比例製作協和書院的模型。這個作品表達出我們對協和的感情，也實現了現屆學生及舊生之間的合作。



校報編輯小組 (2022-2023)

顧問老師：陳敏儀老師、崔惠明老師、邱漪洋老師、Dr Timothy O'CONNELL

總編輯：關鈺妍 (5A)

副總編輯：戚貝儀 (5B)

編輯：梁焯蕎 (3A)、林詩涵 (3A)、關雋謙 (3B)、顧凱澄 (3C)、陳柏熹 (3D)、曾芷妍 (3D)、陳馨柔 (4B)、周鈺晨 (4B)、尹曉盈 (4B)、袁栢嵐 (4C)、陳博淳 (4D)、黃天韻 (4D)、馮貝嘉 (5C)