



## 校長分享

## 小廚神教會我.....

你看過《美國小廚神》(MasterChef Junior) 這個電視節目嗎？

這個電視系列首播於 2013 年 9 月，每季度挑選二十多位對烹飪有濃厚興趣又表現突出的小朋友參加。比賽項目，有大會指定的菜色，更多是要求參賽者自行設計。比賽形式，一般是個人對賽，也間有隊制的分組挑戰。

在第七季比賽中，24 位小廚神入圍，年齡最小的 8 歲，最大 13 歲。他們年紀輕輕，卻啟發和教會了我許多許多……當中不少細節，我仍記憶猶新。

小廚神的精湛廚藝，我大抵是學不來了。不過，他們為實現夢想所展示的激情和熱誠，真摯感人；他們在追夢過程中表露的堅毅不懈精神、全力以赴迎接挑戰的積極進取心態，都教人深深敬佩。

他們當中有好幾位，我的印象特別深刻：

廚師下廚，經常要反復嘗試。親自試菜，更差不多是指定動作。不巧，這一季的 Jaala 和 Che 分別對海產和麩質 (gluten) 嚴重敏感。然而，在不能親身試味的情況下，Jaala 成功烹調出色、香、美俱佳的元貝 (scallop)；Che 也焗製了可口酥鬆的長條泡芙 (éclair)，各自勝出了有關挑戰。他們在比賽過程中也許會得到必要的專業指導和技巧訓練，不過要克服不能親身試菜這困難，絕非易事。

Kyle 很討厭吃吞拿魚，裁判 Gordon Ramsay 嘗試說服他吞拿魚很好吃，請他吃一口。他放進口後卻真的受不了，直接當著鏡頭和 Gordon 的面前，將吞拿魚吐進垃圾箱。Kyle 對這食材有多厭惡，可想而知。他結果沒能通過這一項用罐裝吞拿魚做食材的挑戰。裁判宣佈他要被淘汰的一刻，他傷心極了，相信也有些委屈。強忍著的淚水，終於在和裁判及其他參賽者說再見時，還是大顆大顆地掉下來了。然而，他一點也沒有氣餒，對自己參與選拔時可以脫穎而出，終能晉身首 12 名，表現得充滿信心，並自我肯定。他最後自信地對著鏡頭說：我會繼續追夢，為日後開辦自己的餐廳而努力。

上述例子中，Che、Jaala 和 Kyle 都同樣要面對不利自己的挑戰。Che 和 Jaala 通過了考驗，Kyle 卻失敗了，結果不一樣，但是，

他們有著很多共通點：他們從沒投訴「大會不公平」、抱怨「自己遇上惡運」。他們總是不慌不忙，運用已有的知識和技巧，充分利用大會提供的各種食材和器具，努力發揮，做到最好，向評判們呈上他們的心血作品。

那個年齡最小，只有八歲的 Reid，最讓我難忘。在整個比賽過程中，Reid 一直表現卓越，多次贏得獎勵，可惜進不了前三強，無緣決賽。他受過刀傷，更在一次分組比賽中右手被滾油嚴重燙傷。但他拒絕退下，堅持繼續參賽。只見他忍著痛，垂下被繃帶包扎著的右手，利用不甚靈活的左手，幫忙試味和擺盤；實在累了或疼得太厲害時，他會堅毅地站在一旁，為隊友打氣，將永不言敗的氣概，表現得淋漓盡致。

《美國小廚神》始終是一個比賽節目，比賽的冠軍，也就是「贏家」，只能得一個。就以這一季為例，24 個參賽者，鐵定有 23 個「輸家」。而且，更殘忍，卻又十分現實的是，差不多每一集，都有參賽者被淘汰。不過，奇怪的是，一眾參賽小朋友讓觀眾感覺的，這絕不是一個零和遊戲 (zero sum game) 或贏家全勝 (winner wins all) 的節目。他們讓大家看到的盡是平和、友愛。他們當然會為獲取佳績，勝出挑戰，各出奇謀，運用有利自己的策略，盡可能將自己最優秀的能力展現出來。不過，他們從不會把競爭對手視作仇敵。比賽過程中，他們經常互相支持和幫忙 (如替身材矮細的拿取放在高處的食材；代力量小的提取笨重的廚具)；Good Job! Well Done! 等互相鼓勵和讚賞的聲音，集集都此起彼伏。

最觸動我心的，是被淘汰的小廚神在每一集結束前的那一小段「臨別感言」。他們絲毫不會垂頭喪氣，挫敗連連。相反，他們都自覺是贏家：贏得了做個好廚師的知識和技巧、贏得難忘的經歷和體驗、贏得了自信，並且懂多了團隊合作的重要和認識了一群志同道合的好朋友。而最重要的，是他們對主辦機構、各評判、眾參賽小朋友和家人的支持與鼓勵，都十分感恩，感謝各方讓他們能獲得和享受這個珍貴的學習和成長機會。不論是知識、技巧、心理素質、抗壓能力……等多方面，他們都鍛煉得愈來愈強，而且永不停步。



## Learning and Teaching

### The Second Staff Development Day

The morning session of the Second Staff Development Day (31 March 2021) was the Teacher Symposium 2021 (Joint School Staff Development Day) organized by the Government Schools Section of the EDB. The theme of the symposium was "Accentuate Professional Dialogue, Empower Education Wisdom". First of all, Dr. CHAN Kwok-ling delivered a keynote speech on "Maintaining the Wellbeing of Teachers' Mind and Soul". It was conducted in the form of a webinar and our teachers attended the webinar in the School Hall. Afterwards, each teacher attended one of the 18 parallel sharing sessions on various educational issues of their choice hosted by different government secondary schools.

In the afternoon session, a school-based professional development programme which consisted of two sharing sessions was held in the School Hall. The QSIP Support Service Experience Sharing Session entitled "Enhancement of Learning and Teaching" hosted by the Economics Department and the sharing session on the Design of Bonus Questions conducted by the Chinese, Geography, History, Mathematics and Chinese History Departments were arranged to enhance teachers' professionalism in learning and teaching.

It was a valuable chance for our teachers to gain useful and practical tips on how to maintain their wellbeing from the enlightening speech delivered by Dr. CHAN Kwok-ling as well as acquiring the most up-to-date professional knowledge of learning and teaching in the sharing sessions.





# Learning and Teaching

## The Third Staff Development Day



The Third Staff Development Day was held on 11 May 2021. A talk was given by Educational Psychologist Mrs Candace CHAN to enhance teachers' knowledge of and skills in identifying and supporting students with suicidal tendencies. Afterwards, the Triennial School Development Plan (2021-2024) and the Annual School Plan (2021-2022) were discussed. Teachers were divided into groups and contributed their ideas to the formulation of the plans. They identified possible ways of ensuring continuous improvements in teaching and fostering students' whole person development. The discussion allowed teachers' active participation in the formulation of the School Development Plan and the Annual School Plan.



## 2021 年姊妹學校交流計劃 — 線上交流研討會

2021 年 5 月 21 日下午，我校和張家港市崇真中學舉辦了線上交流研討會，重新恢復受新冠肺炎疫情影響而暫時中斷的姊妹學校交流。鄧淑貞校長、譚胡潔貞副校長、蒲芷茵副校長、朱燕卿老師，以及五位中五學生代表參加了本次線上交流活動。

本次線上研討會在兩校校長的致辭中開始。在之後進行的「新冠肺炎疫情帶來的挑戰和應對」主題研討中，兩校同學詳細分析了新冠肺炎疫情這一突發公共衛生事件對醫療健康、教育技術、生活習俗等方面帶來的衝擊和挑戰，總結內地和本港的應對策略，以及疫情帶來的變化。

最後，我校譚胡潔貞副校長、崇真中學繆宏副校長分別進行總結。兩校將繼續利用網路及新媒體平台探索與加強姊妹學校的交流，延續兩校的情誼。



## The World Book Day Book Exhibition



The World Book Day Book Exhibition was jointly organized by the school library and English Department from 21-23 April 2021 to promote reading and introduce new books and magazines to students. A wide selection of books, including short stories, literature and fiction for young adults, was displayed. Student librarians and S1 and S4 student helpers were stationed there to host games for their schoolmates to play. Small gifts were awarded to the winners of the games. It was a delight to see S1 and S4 students shared their favourite books with their schoolmates as well. The exhibition went smoothly and instilled a love of reading in students.



## 專題書展 — 歷史小說書展

由中文科及中史科合辦的「專題書展 — 歷史小說書展」已於 2021 年 5 月 20 至 21 日在學校大堂舉行。於書展的前兩天，中文科以電郵向全校同學介紹《長安十二時辰》中提到的唐朝掌故，期望以引人入勝的細節，引起同學閱讀小說和學習歷史的興趣，達到跨科融合的目的。

是次跨科書展除了介紹《長安十二時辰》(馬伯庸系列)、《雍正王朝》(二月河系列)、《胡雪巖》(高陽系列)等著名歷史小說之外，亦展出不少可供延伸閱讀的歷史知識圖書。所有小說及歷史圖書均是中文科及中史科全新購置，展覽完結後，將放於圖書館的「中國歷史及文化專櫃」，供同學借閱。是次活動既能推廣閱讀，亦替圖書館添置新書，拓闊同學的閱讀廣度。



## Book Fair



Due to class suspension and the half-day face-to-face class arrangement, the Book Fair was postponed from March to 26-27 May 2021. The duration was also shortened from 3 days to 2 days. Students were arranged to visit the Book Fair during the Chinese lessons and many students visited the Book Fair again during recess and after school to purchase the books they liked. They showed great interest in reading different types of novels, prose and reference books.

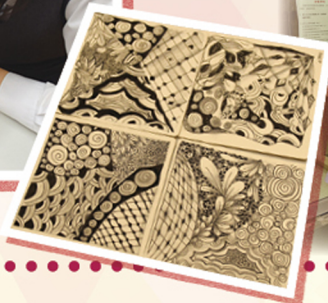




## Life-wide Learning Day



The Life-wide Learning Day for S4 and S5 was held on 11 March while that for S1 to S3 was held on 12 March 2021. A variety of activities were organized for our students with the aim of providing them with diversified life-wide learning experiences and enriching their school life. As part of the thanksgiving activities to cultivate students' sense of gratitude this school year, class teachers guided their students to write messages to express their gratitude and make origami flowers, which would be given to their parents on Parents' Day through the class teachers. Besides this, Zentangle Drawing Workshops were organized for S1, S3 and S5 students. Through these workshops, students learnt the drawing techniques that enable them to relieve stress and reach a relaxed state of mind. On the other hand, a Service Learning Activity was arranged for S2 students. They participated in the preparation of Care Packages and delivered them to the centres for the elderly in Tsuen Wan. This learning activity cultivated students' spirit of caring for and serving the community. Moreover, a soci game was arranged for our S4 students to instill in them the correct concepts of wealth management and the importance of career and life planning. Students found these activities interesting and useful, and were actively engaged in them.



## Anti-drug Week



With the help of the Friends of Scouting and the support of the Healthy School Programme, an anti-drug week was held from 17-23 March 2021 to educate our students to stay away from drugs. Through reading the information on the display boards, students learnt more about the harmful effects of drug taking. In addition, workshops about drug abuse were organized for S2 and S4 students by the school social workers during the class periods. The workshops further enhanced students' understanding of the adverse effects of drug abuse, conveying the clear message that students must say no to drugs.



## Information Literacy Week



The Hong Kong Children & Youth Services and the health ambassadors from the Healthy School Programme of our school jointly organized the Information Literacy Week from 14-21 May 2021 to educate our students to distinguish between real and fake news on the internet. Game stalls were set up and display boards were placed in the school lobby during the week. Students eagerly answered questions to win prizes after studying the materials on the boards and played the games enthusiastically, learning about information literacy in a fun way at the same time.

Moreover, the school social workers held an online talk on internet addiction for S3 and S4 students, which helped the students develop an in-depth understanding of the adverse effects of addiction to the internet and encouraged them to spend their time wisely.



# Person Development

## Prefect and Peer Counsellor Training Workshop



70 S3-S5 peer counsellors and prefects joined the Prefect and Peer Counsellor Training Workshop on 29 May 2021. The aim of the workshop was to equip students with the necessary skills and cultivate their essential attributes to become rising leaders. Nine social workers from the Friends of Scouting led the participants through a series of leadership training activities in small groups, including various competitive tasks. Through these activities, the students learnt to be competent leaders and good team players. Their team building and communication skills were honed and they would be well prepared for their leadership role in the coming year.



## EDB Business-School Partnership Programme — Work Experience Movement

Through the Work Experience Movement organised by the Education Bureau, five S5 students gained hands-on experience in different workplaces and experienced the actual operation of different companies and events such as Ingrid Millet, Jumbo Kids Theatre and JMA Hong Kong International Jewelry Show from November 2020 to March 2021. Performing routine tasks of different job positions, the students gained a better understanding of themselves and their career orientations.



## HKGCC Business-School Partnership Programme — Executive Talk

Through joining the Business-School Partnership Programme organised by the Hong Kong General Chamber of Commerce, an Executive Talk was organised for S5 students on 24 May 2021 in collaboration with Karrie International Holdings Limited. The staff from the company shared their insightful thoughts and invaluable work experience with our students. This programme provided a platform for students and staff from the company to exchange ideas and communicate with each other, while helping students to learn more about the commercial world.



## Blood Donation Day

With the close collaboration between the staff from the Hong Kong Red Cross Blood Transfusion Centre and our school's Red Cross committee members, the blood donation day was held successfully on 18 May 2021 in the School Hall. In view of the dire shortage of blood for patients in Hong Kong, our Principal, staff and students keenly participated in the blood donation. It was heartening to see that many senior form students donated blood that day. Their charitable spirit is laudable.





# Major School Functions

## The 60th Anniversary Visual Arts Exhibition

The 60th Anniversary Visual Arts Exhibition was held from 4-10 May 2021 in the School Hall. More than 600 artworks of students, staff, alumni and parents were displayed, including Western and traditional Chinese paintings, posters, models, ceramics, photos, bag designs, digital art, mask designs and sculptures. The quality and variety of the displayed artworks were amazing and eye-opening. Junior form students were arranged to visit the exhibition in their Visual Arts lessons, while senior form students were encouraged to do so outside lesson time to avoid overcrowding. In addition, the Visual Arts Virtual Exhibition was held in June and was open to the public. All in all, the Visual Arts Exhibition provided a great platform to display and appreciate our students, staff, alumni and parents' outstanding artworks and an invaluable opportunity for them to share the joy of celebrating the 60th anniversary of the school together in a colourful, creative way.



## Inter-house Music Competition

The Inter-house Music Competition, which was organized by the Music Department and four houses, was successfully held on 13 April 2021. Ms TSANG Yin-kiu (Graduate of Class 2009) and Mr. CHAN Chun-ho (Music Officer of Music Office) were invited as adjudicators. In total, there were three categories in which students competed, namely Instrumental Class, Western Folk and Pop Songs. After the competition, students appreciated the pre-recorded performances of the Chinese Ensemble and Violin & Piano Duet. All the participants performed well and the audience enjoyed the performances very much, particularly the participants' lovely, lyrical voices and advanced musical techniques such as the control of tone, phrase articulations and dynamics. The adjudicators also appreciated their strong house spirit, close collaboration among house members and good leadership of the house captains. Congratulations to Bamboo House and Camphor House on being the overall champions of the competition!



## Talk on Subject Selection for S3 Parents and Students



S3 students and their parents attended a talk on subject selection on the evening of 7 May 2021. First of all, the Principal introduced the optimization of the senior secondary core subject curricula. The Principal explained that such an optimization was not going to impact on our students since most students in our school took three elective subjects. Then, Ms LEUNG Hiu-muk briefed the parents and students on the strategies of selecting S4 elective subjects and the S4 streaming mechanism. This was followed by the pre-recorded sharing by alumni from different universities and fields of study hosted by Ms LAM Hiu-ting, and the alumni shared their experience of subject selection according to their aspiration, interests and ability with the audience. A question-and-answer session concluded the talk, during which parents' questions were answered by our Principal, Assistant Principals and teachers. The parents found the talk informative and comprehensive, and it helped the S3 students have clearer vision of their career and life planning and make informed decisions on subject choices for their senior secondary education.





# Connections with Parents and Alumni

## Parents' Day

In order to facilitate the communication between parents and our school, and to provide a precious opportunity for parents to know more about their children's performance at school, S1-S5 Parents' Day was held on 27 March 2021. Besides discussing their children's performance in school with the class teachers, parents of S1 to S5 students were delighted and pleasantly surprised when they received the origami flowers with appreciation messages made by their children through the class teachers. Apart from meeting the class teachers, many parents of senior form students attended the seminar on "Multiple Pathways for Senior Secondary Graduates." This seminar provided parents with the most up-to-date information about multiple pathways for students so that they could better prepare themselves for further studies and future careers. Besides, most parents of S3 students attended the seminar on "Streaming and Choice of Subjects in Senior Secondary Four" to know more about the electives offered to our S4-S6 students and the information about streaming. All parents were also invited to express their gratitude to our school by writing their words of appreciation on message cards and to write words of encouragement to their children on memo paper in the covered playground, which were then displayed in the school lobby and delivered to the students respectively. The thanksgiving activities greatly promoted a sense of gratitude on campus.



## PTA Games Day

With the aim of strengthening the parent-child relationship, enhancing communication between the two generations, as well as providing a chance for both parents and students to take a break from the hustle and bustle of everyday life, the PTA organized the Games Day on 29 May 2021 in which around 100 parents and teachers took part. Participants joined an array of exciting sporting games in the School Hall and basketball court, including the basketball shooting game and three-legged races. Moreover, cooking and handicraft classes which introduced the making of Serradura pudding, leather key cases and wallets, handmade Tumami Zaiku and pastel Nagomi Art were held in the Home Economics Room, Art Room, D&T Room and Geography Room. The PTA Games Day was a huge success and created a lot of fond memories for parents and students alike, as evidenced by their gales of laughter throughout the day.



## PTA Parent Education Talks

Parents play a crucial role in helping their children meet the growing needs of society, overcome challenges and foster healthy development. In view of this, the PTA organized two Parent Education Talks in May 2021. The first talk was held on 14 May 2021. Mr Elvis NG, an experienced social worker, was invited as the guest speaker to deliver a talk titled "Ways to Tackle Students' Internet Addiction". The other Parent Education Talk was held on 28 May 2021. Psychologist Dr CHAN Chung-yan Joanne was invited as the guest speaker to provide the parents with practical suggestions on how to identify and help children under pressure or with emotional problems. The parents were very attentive in the talks and raised questions in the question-and-answer session enthusiastically. They found the talks very useful in helping them understand the problems facing their children and the effective ways to deal with them.

## The Road to Success — Alumni Talk Series (2)

On 26 March 2021, Ms HO Woon-ping (Graduate of Class 1997), who is currently the Wealth and Protection Manager and Unit Manager at AIA International Limited, shared with our students her precious school memories and career development. She encouraged our students to take part in different activities actively to equip themselves for future challenges.



## Alumni Association WPD Fund — The 60th Anniversary Fund Raising Soccer Match

The Alumni Association WPD Fund – The 60th Anniversary Fund Raising Soccer Match was held at Ching Hong Road Playground on 2 April 2021. A total of seven teams from different years of graduation competed against one another in several matches. Every footballer tried their best with their family cheering for them, adding lots of excitement to the matches. Eventually, Team 1992 was the champion in the Evergreen Group while Team 1997 won the championship in the Open Group. The alumni thoroughly enjoyed themselves during the matches. This was a very touching and memorable occasion to engage and reunite different classes of alumni and to raise funds to support the whole person development of our students.

