

## 王肇枝中學

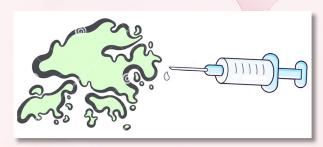
# 家長通訊(83)

2022年11月

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## 為「後常」出一分力

### 鄭思宏校長



新冠疫情至今已經兩年多了,還記得於疫情初期與朋友打趣說:「疫情可能會維持最少3年8個月」,即與日本在第二次世界大戰時佔領香港的時間一樣,想不到真的維持那麼久。回想2003年SARS 只維持三個多月時間,已經讓人感到吃不消,但相比這次全球新冠病毒大流行,情况實在截然不同,除了影響公共衛生外,也嚴重影響民生、經濟和教育等各個範疇。就以教育方面為例,回顧2003

年的資訊科技教學及網上學習技術較為落後,只能透過eClass上載教學筆記及功課給學生,現在卻可以用實時網上學習模式上課及以網上平台收發功課,效果媲美實體學習。但這種學習方式,在跨境學生身上卻成為「災難」,他們維持數以「年」計的網上學習,對他們的身心及社交發展有嚴重的負面影響,而對於這群面對公開試的學生而言,更影響他們的升學,甚至將來的就業。身在香港的學生可以重回校園上課,無疑是一件好事,但要真正回復正常的校園生活,首先是要恢復全日上課,好讓「師生」及「生生」之間有更多接觸及溝通的空間,學生有更多采多姿的活動可以參加,達致全人均衡發展,為中學生涯留下燦爛美好的回憶。

無論距離真正全社會復常之路有多遠,我們應在力之所及範圍多做一點,例如先讓學校可以復常,這是所有學校員工與學生的責任,如果接種疫苗可以恢復正常的校園生活,何不趕快達到要求呢?我們理解無疑確有一小部份人對接種疫苗是有風險,那就讓大部份沒有或極低風險的人先踏出第一步,最終達致「利人利己」,何樂而不為?此即Leader in Me的第四個習慣「雙贏思維」。我們試想想,身處香港的學生已經十分幸福,跨境學生只有十分被動地接受一切結果及安排,但只要學生積極接種疫苗,也有機會可以藉著香港疫情之改善,而令中港兩地的通關政策改變。其實一些看似不受自己控制的事,原來也可以藉個人力量而衍生出協同效應,最後有機會協助改寫結果。小時候經常聽到的至理名言——「團結就是力量」,也是Leader in Me中的第六個習慣「統合綜效」,只是需確保運用於「正確」及「有建設性」的事情上。

各位家長和同學們,讓我們由自身做起,正如《禮記·大學》有云「修身齊家治國平天下」,如大部份人也這樣做,其效果自然會影響周遭,繼而遍佈天下。就讓我們躬身力行,每人均為社會邁向復常之路出一分力,迎接疫情終結的一天,全面恢復正常生活。









### **HO Tsz Ying**

S6 graduate in 2014

Admission to Bachelor of Arts and Bachelor of Language Education (English) in the University of Hong Kong in 2014

Admission to Masters of Science in Applied Linguistics and Second Language acquisition in the University of Oxford in 2022

Hong Kong Scholarship for Excellence Scheme 2022/23 Cohort Awardee

## From Dreaming to Being – My Way Oxford and to Be a Teacher

My aspiration of being a teacher began to germinate when I was a S2 student in this school – probably from the satisfaction of successfully helping others understand a knowledge point. I believe I am one of the very few fortunate ones to have decided my

future pathway at such an early stage. However, the key to success definitely lies in not taking this advantage for granted. University provides access to abundant resources and opportunities other than your formal studies. To make the best out of it, you need to be proactive. During my undergraduate years, apart from studying, I constantly engaged myself in voluntary teaching for local non-government organisations and education-related programmes held by institutions worldwide. I also worked as a Research Support Fellow in my faculty for two years, to get myself involved in local educational research projects. By doing all these, I reached an understanding of the actual challenges frontline teachers face. These experiences have been just as essential as my course content and training, as they have helped me develop the international insight and consider the practical aspect of issues in education, encouraging me to weave theories into practices while taking into account the distinct societal context in which our schooling is embedded.

There have been incidences where I have come across thoughts that teaching is almost like a backup plan for degree holders from different disciplines. However, I responded with what Principal Cheng once said, 'Our city needs outstanding teachers'. Indeed, it requires more than the commonly held attributes to be a good teacher. My undergraduate training and years of service have helped me realise that teachers have to not just be knowledgeable in their subject, but to be wise in content delivery; to not just ask students questions skillfully, but to create a stimulating and supportive learning environment; to not just discipline and guide students, but to model the way a mindful adult and citizen should behave. The professional training and development of we practitioners starts as we enter university and there is no end date. Every little incident is an opportunity for us to reflect upon, to drive us forward and to shape us to be better teachers. Rather than having someone spot the errors and tell you ways to improve, it is essential for teachers to have this self-reflecting awareness from within ourselves, which cements so much our belief that teaching is also as much a learning process.

This is also the reason I decided to go back to university to have my professionality stretched further despite my enthusiasm in teaching in classrooms. I have a strong desire to explore more within the field of language education, particularly Language across the Curriculum (LAC). This research interest has emerged from my personal experience and my school-based observations. I hope, after gaining in-depth professional knowledge in this area through the Masters programme, I will be able to participate in teacher training and English curriculum development in Hong Kong, in order to support language and content-subject teachers in developing LAC teaching strategies that will benefit students' language learning. I remember how I spent days and nights feeling so intimidated by the interview invitation; during the actual process, surprisingly, I found myself very comfortable in elaborating on the reasons for my application and research interest, because those ideas were genuinely my beliefs. I do think it was this confidence I expressed that convinced the institution of offering me a place to study. This entire process highlighted to me that having a clear vision of your ambition is important, as much as your confidence in believing what you will achieve.

I have already embarked on my new journey with the Department of Education at the University of Oxford. My first week here was swamped by new information and induction seminars, as well as opportunities to meet people from around the globe specialising in different disciplines. I feel deeply, through interacting with my colleagues, that the most precious parts of this Master's degree journey are the intellectual exchanges as well as the interaction of the variety of cultural background and living experiences that we are bringing to one another. We need these interdisciplinary dialogues and genuine ties more than ever in the unprecedented challenging time we are in.

I am really grateful that my Master's study is financially supported by the HKSAR Government and the China Oxford Scholarships Fund. With their financial aid, I am able to focus on my studies without worrying about the tuition fees. I am also allowed greater flexibility to participate in social events with other international students during my free time. I will definitely treasure my time here at Oxford and take the most with me to contribute to the betterment of language education in Hong Kong for many generations of learners to come.



### 張凱婷女士 (二零一六年校友)

- · 二零一六年中六畢業
- ·修讀香港中文大學文學士(藝術)
- · 修讀倫敦大學金匠學院社會、治療及社會研究碩士 (藝術心理治療)
- ·二零二二年度香港卓越獎學金計劃獎學金得主

### 走「小路」的勇氣

每次到機場也代表著一個生活階段的完結,我習慣在候機的期間,整理過往生活的事情和思緒,就像旅人離開旅館後,我把房間 打掃乾淨,準備迎接下一位旅人。

我正在前往英國的路上寫下這篇文章。原來我已離開母校六年,由一個少不更事的中學生,變成為著信念而負笈海外的碩士生。在這段期間我走得身心俱疲,因為我經歷了無數次的掙扎;同時我也走得愈來 愈踏實自在,因為我也經歷了無數次的蛻變。

成長的路途上,有些路平坦寬闊,有些迂迴曲折,但最容易令人感到焦慮不安的,是未知的路。在幼稚園和小學階段,升學是「理所當然」,但中學以後呢?中學時我修讀視覺藝術,走上了一條小路。我很慶幸在中學生涯能遇上良師循循善誘,讓我找到合適自己的步伐和節奏,亦讓我在學制和考試制度的大環境下,在藝術的世界裏找到自己的小自由。

高中時所有人也準備走向公開試的路口,但大部分人也不知道往後會的景況,包括我。一位同學當時 說了一番令我很深刻的話:「我不知道自己最後能取得怎樣的成績,但努力地做好當下的事,結果一定不 會虧待我。」我很慶幸有同儕相伴,我深深的被這份初生之犢的氣概打動,相信掌控當下,便有機會掌握 未來。

話雖如此,人生總有很多不可預計的事。我在大學時修讀藝術系,一邊在藝術的世界裏繼續鑽研,一邊積極地拓闊對世界的想象。我樂於修讀藝術以外的科目,例如副修了心理學。在一節的課堂裏,因為教授請了一位嘉賓講課,從此我的人生道路拐了個彎,向著藝術治療這個方向探索。又一條更窄的路。

不少人好奇,究竟走小路的勇氣從何而來?是堅定的信念驅使的。我相信藝術除了放在博物館,除了 放在商業和教育等領域,藝術還有治療的面向,能回應人身心靈的需要。此外,我也很榮幸獲得香港卓越 獎學金,支持我到海外升學,學成歸來回饋社會。

希望能在這簡單的分享中勉勵各位師弟師妹,不要因為選擇了「小路」或是仍未知道將來的路而感到害怕。每個人的人生道路也是獨特的,邀請你把握當下、抱著好奇心、堅持信念,走出一條獨一無二的路。

「路漫漫其修遠兮,吾將上下而求索。」

最後,感謝母校的栽培,祝願母校繼續作育英才,各位老師教安。



### 康恒

- · 二零二二年中六畢業生
- · 修讀香港大學李嘉誠醫學院內外全科醫學士課程

### 校園點滴

中學六年的時光轉眼即逝,那些美好的經歷卻長存心中。在中學的六年,我有幸遇到一眾良師益友,若沒有他們一直以來的支持和引導,我大概難以如願入讀香港大學醫學院。

在學校每一個學年的經歷都是刻骨銘心的。還記得中二時,2A 班被視為最吵的一班,課時的喧鬧聲甚至傳到了音樂室,在英文堂又

愛取笑同學的英文讀音;不得不承認我們有點調皮搗蛋,但與此同時我們建立了深厚的友誼,也為我們的中學生涯添上了色彩。初中的校園生活是多麼輕鬆的\無憂無慮!

在高中時期,課業逐漸繁忙,在巨大的壓力下,我和一群朋友們互相扶持,互相鼓舞,虛心地彼此請教學術上的問題。我的成績開始慢慢進步,與此同時我對生物和化學產生了濃厚的興趣,我有幸參加香港學生科學比賽,和志同道合的同學一起在實驗室做實驗,在疫情的影響下仍然努力進行科學研究,付出了無數時間和心血,最後我們的作品終在比賽獲獎;此外,也藉此參觀其他學校的作品,開拓視野。我對化學和生物的興趣慢慢延伸至對醫學的熱愛,加上老師、同學的鼓勵,我將就讀醫學視為我的目標。

中六那年,大家都傾盡全力準備文憑試,課業的壓力使我們快透不過氣來,卻無阻我與一群朋友對籃球的熱愛,我們中六同學自行舉辦的班級籃球比賽,終於有機會一起在球場上並肩作戰,揮灑汗水,彌補錯過學界比賽的遺憾。那一張張嘻嘻哈哈的笑臉,早已刻印在我的心中。

現在回憶起以往種種,仍意猶未盡。眨眼間,我們將各奔前程,飛往屬於自己的星空。但我相信不論 身在何處,我們的友誼都得以長存,感謝你們每一位,陪我度過一段難忘的校園時光。

### 恩情永在

在母校遇到諸位良師是我最大的福氣,他們不但盡心盡力地傳授我書本上知識,更教會了我做人的道理。

家政科的魏佩君老師對我影響尤深,教會我很多做人做事的道理,讓我得以成長。很感謝她這麼多年對我的信任和引導,在我成長過程提出寶貴的意見,也和我分享很多人生的經驗,引導我未來的方向,我會銘記魏老師所教授的道理。

中文科呂燕芬老師對我影響也很深。高中時,我在中文科的學習表現未如理想,很感恩呂老師一直的鼓勵和教導,助我漸漸進步;即使文憑試來臨,她亦在百忙之中為每一個同學批改練習,如慈母般對待每一位同學。

通識科的許銘駿老師,以生動有趣的教學模式,引起我對通識科的興趣。許老師雖然年輕,卻有豐富的教學經驗,在課堂上一絲不苟,同時亦會與同學打成一片。我很記得他在最後一堂提到「你現在所學的,將來多少會連結在一起。」他的話鼓勵我在學習上不斷前進。

#### 大學生活

踏進大學,教學模式和讀書環境比起中學有所不同,重新適應成為了大學生最大的考驗,同時間大學 更講求自律,不會有老師一直在身旁督促你讀書。儘管大學生活充滿挑戰,但我相信只要謹記往日老師的 教誨、大步跨過一個個難關,便定能有所成長。

### 結語

作為過來人,我衷心希望師弟妹能珍惜中學的校園時光,把握時間;亦希望師弟妹能夠有清晰的目標,為之而奮鬥,無悔自己的每一個決定,相信你們定會走向屬於自己的陽關大道。



### 劉鎮彰

- · 2022年中六畢業生
- · 修讀香港中文大學藥劑學學士學位課程

時光飛逝,轉眼間六年的中學時光已悄然完結,當站在大學的 起跑線上回望這多姿多彩的六年,可謂百感交集。所有當時仿佛不 可跨越的困難,現在看來成為了中學生涯的難忘回憶,與同學、老 師相處的點點滴滴顯得格外珍貴,深深地印在了我的腦海裏。

### 回憶點滴

初到王肇枝參觀,身為小學生的我立即被設計與工藝室吸引,各種從未見過的工具與設備令年幼的我 倍感好奇。在中四時我也與同學一同在木工室中忘我地製作參加比賽的模型,常常到天黑了也捨不得離 開。那也是我第一次看見夜晚被幾盞路燈照映的王記,幽靜而莊嚴。校舍都被青山綠樹所環繞,籃球場附 近師生一起培植的幾株園藝植物、半山腰上隨著季節而變得淺紅的秋葉,令人想要佇立細細觀賞隨著微風 搖曳的枝條,令人倍感神清氣爽。除此之外,活躍於羽毛球場附近的校貓和校務處旁魚缸內形形色色的海 洋生物,又為校園帶來了別樣的活力。

低年級時的我並不是一個主動發言的學生,而是喜歡靜靜聆聽老師和同學的討論,因此我也錯失了不少和老師同學交流的機會,頗為後悔。修讀物理的學生最難忘的,莫過於聽任義建老師闡述各類知識,起初我並不明白他為何要花時間講解哲學,但總能沉醉於他聲情並茂的演說。直到大學時才發現,原來任老師志在啟發學生思考與討論;可惜現在難以再回到那個大家其樂融融分享知識的課堂。

### 困難之後

中學生涯中最為可惜的便是因疫情而暫停的面授課堂,我們這一屆學生更是在疫情中斷斷續續過了近三年的網課生活。當大家每次在短暫的面授課中再次相聚時,喜悅之餘總會感嘆時光飛逝,又一個學期甚至是一個學年已經過去。在疫情中大家並沒有放棄,而是想方設法克服困難。從一開始對網課軟件感到手足無措,到最後大家能夠得心應手地在屏幕上完成課業,師生們都付出了許多。

臨近文憑試時也是我中學生涯最難忘的一段時期。正當同學們都埋頭於學業之中,我卻突然患病入院。當時正值疫情肆虐,親人難以入院探訪。眼見近半個月後病情仍毫無起色,加上與外界隔斷的孤獨感、臨近考試的壓力徹底壓垮了我,在狹小的病房之中仿佛看不見任何希望。幸運的是余若曦老師在我最黑暗的時刻給我曙光,細心開導我一步步走出了思想上的困境,同時學校也不斷提供各方面的支持與幫助,令我能夠重拾信心。在經歷了重病後,我反而能夠放下種種壓力和不安,在文憑試中放手一搏。在病房中度過的時光令我不禁思考自己的未來,正是看到醫生與護士辛勞的付出,令一位又一位病人康復,我也對醫療行業感到無限憧憬,最後選擇了藥劑學系。

#### 小結

無論是突如其來的疫情或疾病打擊,都曾令我對前路感到無助與迷惘,萬幸的是有學校與老師的無私付出,幫助我繼續前行,對此感激不盡!也望學弟學妹在遇到困難時不要輕言放棄,勇敢地衝破難關。



### 鄺皓光

- · 二零二二年中六畢業生
- ・修讀香港大學工商管理學學士(會計及金融)課程

### 被疫情選中的學生

2022年的畢業生被外界喻為「被選中的一群學生」,因為我們正正就在中四遇上無法預料的疫情,令高中三年幾乎也只能夠隔著冷冰冰的屏幕與老師和同學上課和見面。面對殘酷的疫情和繁重的學業壓力,即使是前所未見的辛苦,但反而讓我們有一個令自己成長的機會,亦令大家更加珍惜與身邊的人相聚的時間。

### 珍惜

疫情下,不少原有的校內活動都被迫取消,例如歌唱比賽、旅行日、班聚等。即使我們與同學、朋友面對面交流的時間不多,只能互傳冷冰冰的信息、隔着屏幕與大家打招呼,然而我們亦有想盡辦法去與大家見面。我和朋友們幾乎每星期都會透過Zoom一聚。我們中六級在考模擬試最後一天自製Last Day,大家都不知道何時才能夠重聚,於是就趁着那天特意留下拍照、寫校服等等,靠我們自己為這三年高中生涯畫上一個不完美的句號。

對我而言,各個被取消或暫停的機會和相聚時光的而且確是遺憾,但這令我們知道能夠相聚便應知足。能夠與知己相擁便知足,能夠在逆境下把握所有機會便已知足。

### 成長

領袖生團隊可說是佔了我中學回憶的一大部分。從中三開始,我就成為了領袖生的一員,為母校和同學服務。直至中五,我有幸獲選成為學校總領袖生,帶領整個領袖生團隊去幫助母校建立一個更好的王肇枝。然而,疫情使恆常的當值時間、以往的實體迎新營等等都大不如前。面對著種種的挑戰,我的拍檔和我都要冷靜地作出不同大大小小的決定與政策,例如彈性的當值時間表、配合防疫政策的迎新日營、網上會議等。當時幸得楊文政老師和我的拍檔的全力協助,我才能順利在在任期間完成各樣工作,讓領袖生團隊得以運作正常並妥善地交接給下一屆領袖生。當然,疫情令我在中五帶領領袖生團隊時困難重重,但這是一個成長的機會,讓我學習如何在面對預料不到的事情時可以及時作出應變。

疫情影響得最深的必定是我們的學習環境和時間。由中四開始,我們已經要利用網課來學習,不能夠到學校上實體課,令到學習效能大大減低。基本上,高中三年來我們幾乎沒有在王肇枝上實體全日課,更加讓本來安排好的測驗、模擬考試等都被迫取消。這時候我們需要的是自律和時間管理,因為我們未必能專心上課,而我們亦要分配網課後的時間作自習,準備中學一個關鍵考試——文憑試。記得中四至中六,我都會每星期額外做英文練習,給陳雪恆老師和已離職的袁琳老師批改。我十分感謝他們即使在放學時段,都願意不厭其煩地透過WhatsApp寫下每份練習的評語和改善建議。

### 反思

我們確實比起上一輩少了許多青蔥歲月的回憶,可是這時代令到我們真切地懂得「珍惜」二字,哪怕只有一分一秒,能夠與自己愛和愛自己的人相聚,就已經足夠。再者,我們是幸運的一代,在這逆境中還能得到讓我們繼續學習的資源。如何在這亂世中茁壯地成長完全視乎你自己的態度,究竟你只是希望渾渾噩噩地度過這難關,還是好好運用這機會去讓自己成為更強大的人?答案都在我們心裏。某程度上我們應該感恩疫情選中我們這世代,給予我們就連上一輩的人也沒有的經驗和磨練。

相信一切是最好的安排。

### 展開新一頁

光陰似箭,日月如梭。轉眼間,六年的中學生涯終於劃上了一個句號。「王記」就彷如我的家,如今面對著大學中陌生的環境、同學和上課形式,難免會想起在這個家的各種難忘的回憶。不過,正所謂:「天下無不散之筵席」,我們在王肇枝的一點一滴、留下過的痕跡、所有人和事都會長存心深處。



### **WONG Pui Lun**

S.6 graduate in 2022

Admission to the Bachelor of Humanities and Science (Primary major: Mathematics) at National University of Singapore(NUS)

### Life in WSC

It has always been my honour and privilege to study in WSCSS. It was only like yesterday when I first entered WSCSS. In the past six years, I have built so many happy memories that would be imprinted deep in my heart forever. I would never forget Mr Kwong answering my questions patiently and in detail even in late hours. I would never forget Ms Lui helping me to mark any additional writings and finding Mr Lai to guide my writing just to prevent me from scoring a 2 in Chinese (eventually my writing gets a 4). I would never forget Ms Ko marking my additional writing even I handed it in just a few days before DSE. I would never forget Mr Hui finding many resources and methods to make the lessons more interactive so that we could completely indulge in LS lessons. I would never forget Ms Lam scheduling tons of supplementary classes (even during her holidays), and designing additional quizzes just to consolidate our knowledge. I would never forget Ms Kwan giving us tons of public exam questions to make us well equipped for DSE. I would never forget Mr Tse using so many interesting metaphors and examples to make the boring biology lessons more vivid and easier to understand. I would never forget Mr Lee, the School Manager, patiently guiding my oversea university application process until 11 pm... I would love to pay tribute to all the teachers, principal, janitors, and everyone who have walked along the past 6 years with me in WSCSS. I am completely lost in words expressing my gratitude to every one of you. Thank you all.

WSCSS is linked with my happiest memory in life. Whenever I think of WSCSS, the shifting branches of cotton trees and golden leaves that flickered over the pavement to WSC always come to my mind. When I am studying until late hours, these happy memories in WSC come to my mind and they sort of heal me and enable me to strive for the best.

#### Uni subiect

I am currently studying Mathematics at NUS. NUS is a warm and vibrant community where lecturers and professors are all very kind and patient. The lectures and tutorials here are very interactive and fun so that you can completely indulge yourself in lessons. Our school is so beautiful that it would exactly be the university in your dream(check out the infinity swimming pool in Utown!). Though some may deem our workload heavy or even daunting, professors and lecturers here have done a lot to help us, like holding free-to-join reading sessions to read the boring stories with us(very useful especially when you encounter long and dull texts). There are tons of benefits of being a member of NUS and it is impossible to list them all, yet you can always find me for more details.

Hope to see you in NUS in the future!

#### A modest piece of advice on studying

If you are a physics student, I strongly encourage you to do all the MCQ of Radian, do 20Q a day and look through the answers carefully. It only takes about 30 min, and it just costs you the time of 2-3 YouTube videos. Besides, never be fed up when your score is far beyond satisfactory, but revising the right way would make some difference.

For chemistry, do the school past papers in Moodle. Our school's chemistry papers are set extremely well. Sometimes I would feel mind-boggling while doing them. Ensure all the terminology is the same as the marking scheme as chemistry is a rigorous subject. Personally, I would do the 4 years of past paper three times, which usually covers the whole syllabus.

Last but not least, for any subject, ask your teachers if you encounter any difficulties. I believe the teachers in our school are all very nice and definitely welcome any queries. As Descartes said, "De omnibus dubitandum (doubt everything)." It's always a good habit to challenge what the book or even your teacher said. If not, you are no different than being brainwashed.

#### Ending

I understand that WSCSS may not be the first choice for most of you, but from the moment I graduated from WSCSS, I am very proud of being a member of WSCSS and am glad that I didn't enter any other secondary schools. I sincerely hope all of you would put on a light smile when the train passes through Taipo station one day. Wish you guys all the best and hope to see you in NUS soon.

# 2021-2022 年度學生活動回顧





Society of Japanese Language Education
Hong Kong
Group Project Awards
(Senior Secondary Section) 2021-2022



朱健蜂 慶祝香港特別行政區成立 25 周年全港中學生劍擊錦標賽 新界區男子甲組花劍季軍



聚正瑩 香港青少年柔道隊際錦標賽 2022 冠軍



鍾昌洋 第七十四屆香港學校音樂節 2022 中阮獨奏初級組冠軍





大埔及北區分會中學校際戶戶球錦標賽 廿乙團體亞軍



梁錦琪(初中組)、邱力申(初中組)、吳嘉怡(高中組)

徵文比賽一等獎

— 第三屆粵港澳大灣區生命教育



Tse Wing Sum



## 語言及創新科技中心



### 午餐飯盒加熱室







### 團契職員室





## 領袖生室



