



王肇枝中學

家長 通訊

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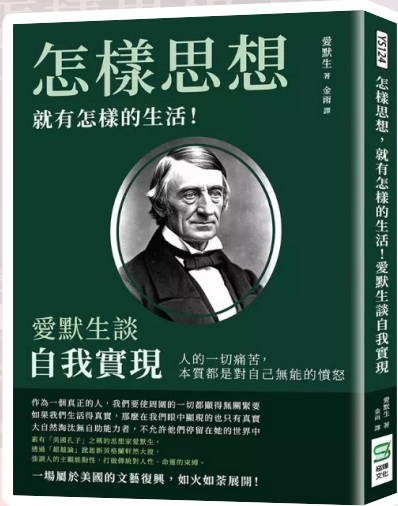
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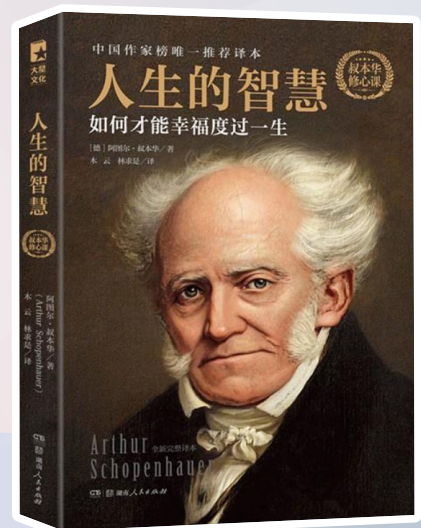


過去、現在、將來……

鄭思宏校長



常言道，我們要「活在當下」，資源要運用在「當下」，要把握現在才有美好的將來……有「美國的孔子」之稱的美國思想家愛默生(Ralph Waldo Emerson)認為「過去與我無關，未來也是如此。我活在當下。」；德國哲學家阿圖爾·叔本華(Arthur Schopenhauer)認為「沒有人生活在過去，也沒有人生活在未來，現在是生命確實佔有的唯一形態。」晚清名臣曾國藩在《曾國藩文集·處世金針·修身之要》中可見他的處世哲學：「未來不迎，當時不雜，既過不戀。」這就是說，未來發生的事情，根本不用去想它，不為未來的不確定性所憂慮。當下正在做的事情，不讓它雜亂，要做甚麼就專心做甚麼。當一件事過去之後，絕不留戀它，也不沉浸在過去的痛苦裡。活在當下的秘訣就是「選擇讓今天成為喜樂的日子」。〈基督教論壇報〉曾刊載以下的分享，細味其內容確有一定的啟發性：「喜樂是可以選擇的？沒錯，喜樂是一個決定而非感覺。生活不總是一帆風順，但每一天所需的力量絕對足夠，每一個今天，都能是最美的一天，也是我們唯一能把握的。有時候即使認真努力過每一秒，我們所計畫或期待仍遙遙無期，不要放棄持續用期待的心面對未來，因為我們永遠不知道當上帝關了門之後，那扇祂要開的窗會是哪扇，唯有不間斷的認真生活、把握當下，累積生命的經歷，使我們足以有智慧看見生命的另一個祝福。」





我個人認為心繫「當下」，活好每一個「當下」尤為重要。在沒有人能確定下一秒的狀況下，認真的過每一秒是對自己對別人最負責任的做法。但怎樣地過好每一秒，是受上一秒或之前所經歷的事影響的，而有幸繼續活到下一秒或之後的狀況，又是受當下這一秒的經歷影響的；所以「活在當下」又彷彿與「過去」及「將來」有著不可分割的關係。就我們的健康而言，現在的身體狀況很大程度是受以往的生活習慣影響，而將來的健康，又受著現在及以往的生活習慣影響，人際關係亦然，工作亦然；只是逝者如斯，

不能復返，將來更觸摸不到，所以珍惜及認真去過每一天才是最有意義。蘋果公司創辦人喬布斯，於2005年在史丹福大學一篇勉勵畢業生的演說中提到：「當我十七歲的時候，我讀到了一句話：『如果你把每一天都當作生命中最後一天去生活的話，那麼有一天你會發現你是正確的。』」這句話給我留下了深刻的印象。從那時開始，在過去的33年裏，我在每天早晨都會對著鏡子問自己，『如果今天是我生命的最後一天，你會不會完成你今天想做的事情呢？』當答案連續幾天都出現「不是」的時候，我知道自己需要改變某些事情了。」因為時間就是生命，荒廢時間就是荒廢生命，善用時間就是善用生命，要把握現在，以致對生命負上最大的責任。

過去三年的疫情讓我們學習到「將來不是必然的」，珍惜現在及珍惜眼前的人尤其重要。在此勉勵各位家長及各位同學，秉持活好當下的精神，好好珍惜與家人、同學及老師相處的時間，每天努力去生活，無論學習或娛樂、遇到挑戰或困難，也努力去過每天。聖經提醒我們：「不要為明天憂慮，因為明天自有明天的憂慮；一天的難處一天當就夠了。」(馬太福音6:34)

儘管生命也有終結的時候，但我們現在所作的，其影響也會延續的，正如我現在也常常緊記我已離世的父母、師長及牧者的教導，他們的「當下」仍然深深影響著我。作為基督徒的我，深信我的過去與當下也會影響著我將來的「永生」，所以我要有「佳美的腳蹤及見證」，直至日後見到主耶穌時，祂對我說：「你是我又良善又忠心的僕人」。



畢業生分享

青蔥歲月轉眼即逝，但在「王記」經歷的一點一滴仍舊在我心中難以忘懷。六年寒窗苦讀，有幸得到一眾良師益友作路上的明燈，指引我走上正確的道路。

校園點滴 畢生難忘

中學六年各種活動和學習經歷都令我留下愉快且回味無窮的回憶。高中三年都在疫情中度過，斷斷續續的網課使我和同伴之間少了互相交流的機會，這令我更加珍惜每個在校和同學相處的時間。印象最深的莫過於中五、中六與同班同學參與的班際歌唱活動，縱使最後未能得獎，但在比賽前留校排練的種種回憶定必永存我心！當然也少不了放學後與朋友在操場上揮灑著汗水的美好時光！

不得不承認，中四、五的A班上課時也頗調皮，時常令老師哭笑不得。但在升到中六後，大家都嚴陣以待，不敢有絲毫怠慢。就連一向不愛聽課的幾個同學都突然醒悟，希望在剩餘的幾個月全力衝刺。這種朋輩間的壓力也在潛移默化之中轉移到我身上，促使我力求上進，精益求精！學年試前溫習期間，文憑試的壓力逐漸把我壓得喘不過氣來。校內試和操練時低分的挫敗感甚至令我萌生「得過且過」的念頭。幸好有幾位好友（尤其是許同學）每天都在自修室和我一起奮鬥，互相切磋、互相鼓勵，使我重拾信心，繼續向醫科的目標邁進。最終，我們也在生物科取得5**的佳績。

回憶起校園內各種往事，仍然心懷感激。雖然我們這屆同學因為疫情失去了參加許多校內活動的機會，但我相信在課堂上短暫但可愛的回憶，足以使我們永世難忘！感謝大家，陪我度過那段青春歲月！

亦師亦友 恩情永在

中學六年，有幸遇到眾多恩師。若非他們不辭勞苦地教導我書本上的知識和人生的道理，也就不會有現在的我。

英文科的陳雪恆老師對我啟發尤深。感恩她在中四時發掘我英文演講的能力，使我能夠一展所長，也令我認識到自己的能力原來也及得上一些傳統名校的學生。Thank you Miss Chan！

中文科的陳麗娟老師既是「慈母」，亦是嚴師。若非她在中四、五對我的操練，我也不會在中文科取得不俗的成績。另外，陳老師在大病過後仍然堅守崗位、為我們預備課堂材料的敬業樂業精神，也使我終身受用！

許銘駿老師教導的通識科生動有趣，令我對於世界不同議題有更深入的認識；生物科許美儀老師使我對生物科有更濃厚的興趣，令我立志成為醫生；已離職的化學科羅嘉慧老師的「Questioning Time」，令我對化學有新的認知，使我愛上了這一科；還要感謝化學科余組輝老師、經濟科的王楚如老師等良師，在我迷惘的時候為我指引方向。您們每一位對我的教導我都會銘記於心！

總結過去 展望未來

踏入大學，學習模式和環境都截然不同。以後不再會有老師在身邊督促我們溫習，學習上的一切都要靠自己。希望各位師弟妹銘記「自律」二字，不要讓時間白白浪費。經歷了三年的疫情生活，我衷心希望各位師弟妹可以珍惜得來不易的校園時光，好好享受在「王記」的每一分秒。大家或許對前路感到迷惘，但我深信在「王記」的經歷，以及良師的教導，定必可以使我們跨過一個又一個山峰，步上人生的康莊大道！

譚家熙



二零二三年中六畢業生

修讀香港中文大學 內外全科醫學士課程



畢業生分享

6 years flies by and I cannot believe my ears when others suddenly start calling me a university student. Having to step out of the WSCSS campus that I have grown so attached to is daunting but at the same time extremely exciting. All I can say for now is that it is my absolute honour to be a part of the WSCSS big family and I do not regret a single bit growing and learning on such a holistic campus. Although I will be discovering my new path as a university student soon, I am confident to say that the delightful memories I have the priceless knowledge I learnt and the concrete bonds I built in the past 6 years are firmly and eternally imprinted deep within my soul. Nothing, not even time, can erase the true happiness that I have been blessed with in WSCSS.

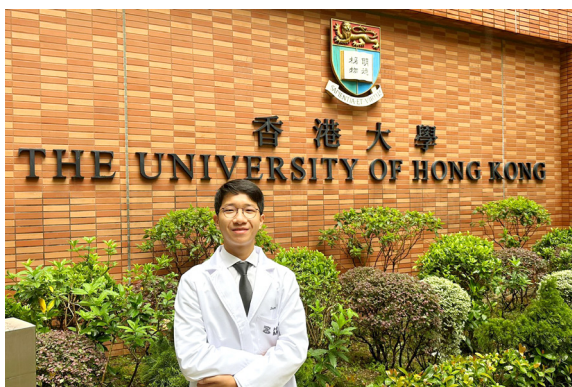
I would love to show my utmost respect and appreciation to all the teachers and schoolmates that I came across in my secondary years. Without them, my secondary school life would never be as complete as it is today. I am especially grateful for my teachers and classmates of class 4A-6A, as they not only ignited my passion for learning and encouraged me to step on to the path I am taking from today, but also navigated me through hardships in my senior years in WSCSS.

It is a pity that a great proportion of my senior school years in F.4 to F.5 was engulfed by the COVID-19 pandemic, with normal face-to-face classes forced to be carried out in ZOOM via lifeless monitors. Luckily, all my teachers demonstrated passion and professionalism in teaching during this unexpected period. I am truly touched to see how much effort my teachers put into preparing a single informative yet entertaining and interactive online class for us students. Despite being isolated from one another and separated by monitors, my teachers and classmates did not forget to show encouragement to each other and give a little pat on others' shoulders when they needed it. It was heart-warming for me to see that every bond shared between each WSCSS member could easily withstand this unexpected adversity, fully and proudly exhibiting the true colours of WSCSS free from the claws of the pandemic. These all have given me motivation to continue studying hard at home and going through piles of past papers again and again, preparing myself for the DSE.

For all my fellow schoolmates after all the hardships we faced in the past years under the pandemic, it is about time we all realized how treasurable each moment on WSCSS campus really is. Every lecture given by your teachers, no matter if you find it interesting or not, every club and house event, every small trivial interaction with your schoolmates to every second in the packed and seemingly historical classrooms of ours are the fragments that piece into a memory of a lifetime badging your youth. Never take these for granted. Be grateful for those received in WSCSS. Be courageous to step out of your comfort zone, put yourself under the spotlight and seize every opportunity to contribute to our school and other schoolmates. Be ready to combat every single challenge ahead.

I am one hundred percent sure that every WSCSS student and graduate will be able to walk through the darkest times of their lives and find their light at the end of the tunnel with great diligence and intelligence.

Lam Wing Kin James



S6 graduate in 2023

Admission to Bachelor of Medicine and Bachelor of Surgery (MBBS), The University of Hong Kong



賴煒盛



二零二三年中六畢業生

修讀香港中文大學理學院課程

我很感恩我能夠成為王肇枝中學的學生。

我感謝6D班的同學，我們由最初充滿摩擦和爭執，慢慢地變得團結一致。我記得我們一起排練「三分甜」、一起到大美督燒烤……只可惜大家從王肇枝畢業、各奔前程（我們稱之為「人口流動」），但相信過去的點點滴滴會在各位心中長存。

我感謝王肇枝的每一位老師。我們的班主任余若曦老師非常關心每一位同學，她會了解我們的情況，安慰我們、幫助我們、支持我們，陪伴我們一起度過三年高中生活。我同樣感謝我的兩位物理科老師，他們不但教導我們複雜的物理概念，任義建老師更會為我們剖釋人生道理和不同的觀點，林惠儀老師則提醒我們應試的技巧和心態。還有數學科的鄭俊愉老師和文偉傑老師，他們點燃了我對數學的興趣。

我感謝我的母校王肇枝中學。王肇枝為我們提供大量的機會，不論是學業或課外活動。即使在疫情時，學校亦會嘗試為我們舉行不同形式的活動，有助我們全人發展。在學業方面，學校會為同學提供額外的補課，雖然我覺得比較沉悶，卻能鞏固所學，有助準備公開試。而在非學業方面，學校也有不少值得參與的活動。Student Helper和Angel Project 訓練我們的統籌能力和溝通協調能力；學生會則能夠培養我們的領導能力；加入不同學會都能拓寬我們的視野，讓我們留下特別的回憶。

雖然王肇枝未必是最好的學校，但一間學校最重要的莫過於學生。我相信只要各位師弟師妹盡力做到最好，定能彰顯王肇枝的實力。

話雖如此，我自問並非一個勤力的學生，甚至時常被老師同學稱為「大懶蛇」。然而，在老師的勸導下，我逐漸變得勤力，開始運用學校提供的資源，為公開試做好準備。我希望各位師弟師妹能夠努力溫習、盡力考好公開試。雖然常說公開試並非唯一出路，唯有盡力而為才對自己學業、成績以及所作出的決定負責，不讓日後的自己後悔。

自邁入高中，我相信各位或多或少都會感到迷惘，或是因為選科、或是因為生涯規劃。我亦曾在「神科」和興趣之中猶豫，幸好能夠獲得一眾老師的建議和看法，以及家長對我的支持和肯定，最後決定選擇修讀數學精研。倘若同學感到不知所措，我認為最好的做法便是尋求老師以及家人的幫助，再結合自己的觀點，從而找出最適合自己的道路。

希望各位師弟師妹能夠勇敢去做、盡力而為，好好享受這段中學時光，珍惜在王肇枝學習的時間。最後，我祝願各位可以享受當下，迎接未來。

OUR WSC FAMILY

畢業生分享

A corridor crowded with students taking their phones from the lockers, a long queue outside the homework make-up classroom, and anxious buddies rushing to different staff rooms back and forth... These scenarios mark the end of a regular school day in Wong Shiu Chi. In a blink of an eye, my sky-blue uniform becomes short and teachers are no longer tall from my view. Finally, it is the last time that I witness the routine of my schoolmates when the bell rings after school.

Secondary school is a comfort zone where we can explore new things courageously as our faults are always forgiven, as long as we are willing to correct ourselves, especially in Wong Shiu Chi. I can vividly recall the moments when my teachers chit chatted with me during lunchtime and after class just to guide me to solve troubles in growth, allowing me to return to the proper path even when I made mistakes. Without a doubt, I would never find another place other than a home that could pardon such an imperfect and naughty me. Therefore, I would like to thank Wong Shiu Chi for being my second home, where I could overcome hurdles with forgiveness and protection.

What is more, when it comes to 'second home', I am always grateful that people in this school share all emotions and experiences with each other, like what a family does. In the past 6 years, not only did I discuss academic matters with my teachers and schoolmates, I also talked to them about my daily life, as did they. The way we counselled and encouraged each other was definitely worthy and treasured. Moreover, I listened to the older teachers describing their milestones proudly and the younger teachers sharing about their idols excitedly. These stories of each of us were like puzzle pieces that built up our big family when we combined them altogether. It was our love that made the atmosphere as warm as the sunshine reflecting on the blue wall of our campus. Fortunately, I could grow with such a unique and wonderful Wong's Spirit so that my secondary school life was full of companions and support.



Wong Tsz Ching ...

S6 graduate in 2023
Admission to Bachelor of Science
in Speech-Language Pathology,
The University of Hong Kong

MY GROWTH

Despite the fact that I am honoured to take up diverse roles at school, I still faced a myriad of obstacles when partaking in different teamwork. Being chairpersons in several associations, such as the two debate teams and the volunteering team, I was not a perfect leader as I failed to handle some of the interpersonal situations at the beginning. For example, I did not know how to communicate with my teammates when they made mistakes. On the other hand, I was not brave enough to admit my own faults as well. For this reason, I tried to escape from these conflicts by dominating some of the work on my own, instead of resolving the problems and sharing the workload with the others. As a result, misunderstanding could be made easily and efficiency was affected.

Thus, leadership would be my greatest lesson in my secondary school life. I spent a lot of time struggling with the above issues, trying to be a softer person who could learn to embrace my own weaknesses and admire others' strengths so that we could cooperate better by being complementary with them. I realised that only when I showed appreciation to the others could I heartily get on with them. Otherwise, I would just distrust my teammates and refuse to share my thoughts and opinions. After all, I have grown to be a better leader who is no longer afraid of communicating and solving conflicts. I believe that these lifelong lessons would allow me to be a more capable person in society, who is able to respect people around her.

MESSAGE TO JUNIOR FELLOW SCHOOLMATES

"Keep your kindness," said one of our retired teachers during her last speech on the hall stage. The most precious thing about our schoolmates is that we are always innocent and pure, like angels shining brightly in devil society. In the future, we may scarcely make true friends who genuinely take care of us and share happiness. And one way to treasure all these friendships is to be sincere, honest and caring. Stop regretting the past! Enjoy your school life from now on!

2022-2023年度學生活動回顧



Kwan Chui Yi, 3rd Place, 2022 Jeju Cup International Judo Tournament



李悅、鍾佳瑜、劉芷瑜、香慧瑩
大埔及北區中學校際乒乓球錦標賽
女子乙組團體冠軍



2022-23全港U19壘球精英賽季軍



戴思祈 大埔及北區中學校際游泳錦標賽
50米蛙泳冠軍、100米蛙泳冠軍



周本軒 大埔及北區中學校際游泳錦標賽
100米背泳冠軍、200米個人四式亞軍、
4x50米自由接力殿軍



盧芷蒼 鄧芷淇 林靖恩 蔡紫榆
大埔及北區中學校際游泳錦標賽
4x50米自由接力冠軍



梁銘
第九屆陳贊一博士聯校微型小說創作獎
(2022-2023) 高中組亞軍



周奕孜「中國中學生作文大賽(香港賽區)」
初中組銀獎



胡程朗 劉柏麟 冼家宇
「全港初中學生文學散步——小組日誌設計比賽」第一名



駱奕慧「第二屆全港高中生即席演講大賽」
高中組銀獎



曾尚聰 鍾泫秀 駱奕慧 邱子圓 譚芷瑤 廖敬希 譚嘉傑
第二屆「思言盃」聯校辯論邀請賽 季軍



楊凱傑 屈臣氏香港學生運動員獎2023



蘇意嵐 第74屆香港學校朗誦節
中五、六年級女子組粵語詩詞獨誦季軍



陳語晴 呂宛蕎 劉紫澄
大埔及北區中學校際乒乓球錦標賽 女子丙組團體亞軍



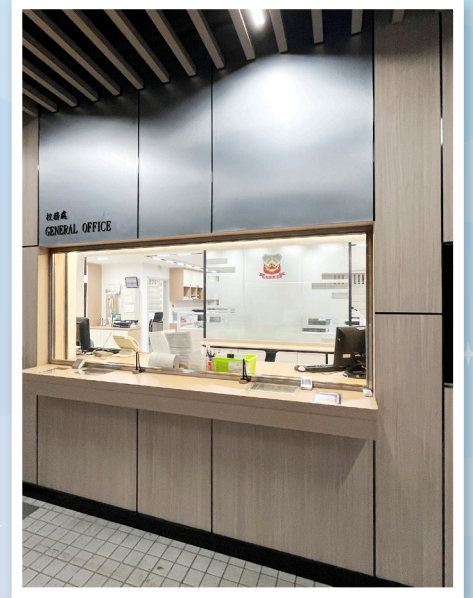
Zhou Sze Yi, Third Class Honours Award,
Hong Kong Physics Olympiad 2022



大埔及北區中學校際籃球錦標賽 女子初級組團體季軍

校園新面貌

校務處



化學實驗室



新增設施

學生會室



午餐飯盒加熱室

新增設施



魚菜共生新面貌

